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Regina actress Tatiana Maslany wins the award for best actress in a drama series for Orphan Black at the Broadcast Television Journalists Association's third annual Critics' Choice Television Awards at the Beverly Hilton Hotel in Los Angeles on Monday. CONTRIBUTED/JASON MERRITT/GETTY IMAGES FOR CCTA

Maslany sparkles in Tinseltown

Not-so-little star from the Prairies. Regina actress triumphs over big names to pick up best actress honours at Critics' Choice Television Awards in L.A.

ROSS ROMANIUK
ross.romaniuk@metronews.ca

From Saskatchewan to the Space Channel and beyond — in Tatiana Maslany, Regina has a bright new star.

Maslany has, in fact, entered a whole new world of fame this week with her stunning win in being named best actress in a drama series at the Critics' Choice Television Awards.

The honour for Maslany, 27, on Monday night for her leading role in the new Canadian science-fiction series Orphan Black came in a nominee field packed with U.S. star power amid the likes of Hollywood actresses Claire Danes of Homeland, Julianna Margulies of The Good Wife, Keri Russell of The Americans, Elisabeth Moss of Mad Men and Vera Farmiga of Bates Motel.

"Thank you so much," Maslany, who grew up in Regina, told the crowd of TV critics at the awards event in Los Angeles.

"Our weird, little show would be nowhere without you guys talking about it."

In Orphan Black, which debuted this spring on Space in Canada and on BBC America in the U.S., Maslany portrays Sarah Manning, a working-class Brit in Toronto who witnesses the suicide at a train station of a woman to which she bears an uncanny resemblance. She then lunges into a deadly adventure involving conspiracies and cloning.

"As much as it is a sci-fi show, I never really saw it as that," Maslany told Metro in March.

"It is really about the real-life characters in that world.… They don't have any super powers or any ability to deal with it in any way that a normal person wouldn't."

Orphan Black gives Maslany a chance to use a range of accents and dialects, as not only the main character but a large portion of the supporting cast.

"Looking back on the show," she told Metro before the series' debut, "I just kind of realized how much I have really put myself out there in this part and that is exciting and daunting for sure."

Maslany, who had appeared on stage at the Juno Awards in Regina in April, thanked Orphan Black's creators Graeme Manson and John Fawcett at the awards gala on Monday "for giving me the greatest opportunity of my life."

Quoted

"Our weird, little show would be nowhere without you guys talking about it."

Tatiana Maslany, to the crowd of TV critics after being named best actress in a drama series at the Critics' Choice Television Awards.

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Emergency response

Municipalities must look after their own in a tornado crisis

With storm season in full swing in Saskatchewan, each municipality is responsible for emergency response in its local area.

Colin King, deputy commissioner of emergency management and fire safety for the Saskatchewan government, says the Emergency Operation Centre in Regina monitors and responds to Environment Canada forecasts during the storm season. In the case of an emergency, such as a tornado or wildfire, it contacts local municipalities affected to address any impacts and ask whether they need support.

"Because (tornadoes) happen so rapidly, it's often times that we are getting in touch with communities after there may have been a severe storm in the area," King said on Tuesday.

Following more than 30 tornadoes in Saskatchewan last year, communities are increasingly catching on.

"What we are seeing is more and more often, communities are becoming more educated and more aware of their responsibility and of things they have to do to prepare," said King.

Field staff train municipalities to have response plans in place, but some are better equipped than others, and many rely on neighbouring municipalities or the provincial government for help.

"There are a lot of municipalities in the province that are very well-prepared — for all kinds of emergencies," said King. "There are others where, frankly, it's beyond their capability and capacity."

ALYSSA MCDONALD/METRO

The Emergency Operation Centre in Regina. ALYSSA MCDONALD/METRO FILE

Saskatchewan raking in a bountiful worker harvest

Feast or famine. Province ditches its exporting past and starts pulling in talent

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Greener pastures, indeed.

From its role not long ago as an exporter of people and talent, Saskatchewan is making a comeback. And it isn't only Manitoba that's losing residents in increasing numbers.

Nearly all other provinces are watching workers and the unemployed pack up and head to Saskatchewan in hopes of claiming a bit of the prosperity that's taken hold here in the past several years.

"We've seen positive in-migration from almost every single jurisdiction," said Rupen Pandya, assistant deputy minister of labour market development in the provincial Ministry of the Economy, on Tuesday.

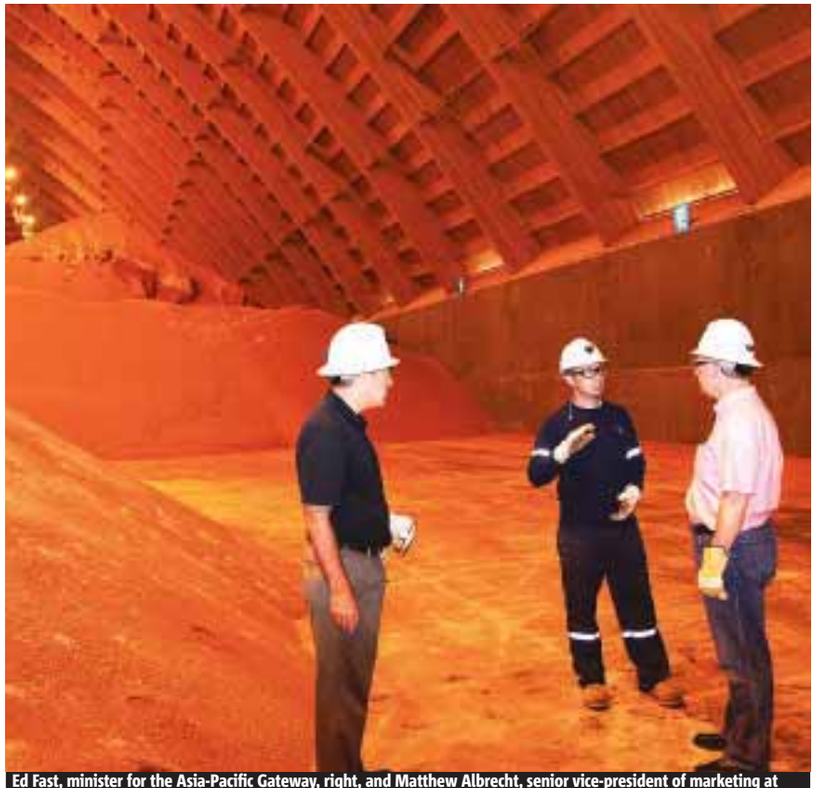
"We have one of the lowest unemployment rates in the country. We have one of the highest wage-growth rates in the country," he noted, referring to percentages of 4.5 and 4.2, respectively. "That attracts migrants from right across Canada."

Pandya, as well as Colin Craig of the Canadian Taxpayers Federation, point to Statistics Canada figures that illustrate a turnaround nothing short of remarkable. Saskatchewan's last five years have seen a net gain of more than 12,000 people from other parts of the country, following a net decrease of about double that number during the five years before that.

From even the economic powerhouse of Alberta, Saskatchewan has made a net gain of more than 3,100 residents between 2007-08 and 2011-12 after a net loss of more than 22,200 to that province during the previous five years.

"We have significant activity in agriculture. We have significant activity in oil and gas and mining. And there's significant construction activity underway, which is drawing a lot of trades people," Pandya explained.

"As you get into a cycle of growth, you're going to need more houses and more infrastructure and investment. All of that is going to generate economic activity."



Ed Fast, minister for the Asia-Pacific Gateway, right, and Matthew Albrecht, senior vice-president of marketing at Canpotex, listen to a chief metallurgist at the Cory potash mine in Saskatoon last October. JANE CAULFIELD/METRO FILE

WolfCop proves it's leader of the pack

Special effects artist Emersen Ziffle and WolfCop. CONTRIBUTED/LOWELL DEAN

There is work that comes with winning the CineCoup movie competition, which offers $1 million for a production budget and a guaranteed distribution to Cineplex theatres.

The Regina-based team behind the winning concept — WolfCop — must now make the film it pitched and built a fan following around.

"I've been wanting to make this kind of movie for years, so to get this opportunity is a dream," Lowell Dean, WolfCop's writer and director, said on Tuesday.

WolfCop is set to start filming within the next few months in order to make its scheduled March 2014 debut.

The team beat out 92 submissions from across Canada on Monday after three months of hard work, which became Dean's full-time job.

"I feel like we've already made a movie," said Dean, "and now hopefully we are making a bigger, badder, crazier one."

The Saskatchewan-based team said its filming locations are still up in the air due to the government's decision last year to end the provincial film tax credit.

"It's a pretty dark, funny, twisted tale and Saskatchewan would be a great home for it," said Dean. "It's all going to come down to if we can make it work. I don't know if it's possible." ALYSSA MCDONALD/METRO

Wildfires up compared to 2012

The year thus far.
Despite increase, 2013 is currently on par with the five-year average, provincial official says

MORGAN MODJESKI
Metro in Saskatoon

The weather isn't the only thing heating up in Saskatchewan.

To date the province has seen a total of 201 wildfires in 2013, up by 63 when compared to the same time last year, but even with the initial year-to-year increase, wildfire-management officials say 2013 will see normal numbers.

"Up until the weekend, Saskatchewan (fire danger) was high to extreme basically right across the forest," said Scott Wasylenchuk, provincial fire-centre manager with wildfire management. "We had good, general precipitation across (the province) which knocked our fire-danger levels down to low to moderate."

Wasylenchuk explained at this time, surface fuels and duff layers — layers of forest debris buried under the surface — are damp, which makes it harder for wildfires to ignite, but the season heavily depends on environmental conditions.

"We're looking at an average season ... but it's all weather dependent," said Wasylenchuk.

"Most of the fires we have presently have all received precipitation and it's fairly cool and cloudy in the north, so our fire hazards at this given time aren't very high."

When asked about what could be contributing to the year-over-year increase, he said wet weather in 2012 kept wildfires "artificially" low, noting this year is closer to normal.

"If you compare us to the five-year average, we're right on track," he said.

The 10-year average for the number of wildfires burning in the province for this time in the season is 174, and on Tuesday morning a total of nine wildfires were burning in Saskatchewan.

The Mirond fire in the Pelican Narrows area of northern Saskatchewan is shown in this undated handout photo from 2008. Despite seeing more fires this year compared to the same period in 2012, officials say 2013 is expected to be an average year for wildfires in the province. THE CANADIAN PRESS FILE

Crime

One of two suspects nabbed in home invasion

Police have apprehended a man believed to have been involved in a violent home invasion that occurred more than a year ago in Regina, though another suspect remains at large.

Police said that officers have caught up with Craven resident Kyle Roger Noname, 23, who had been sought under an arrest warrant across Western Canada on charges of attempted murder and break-and-enter.

Officers responded to a house on Bauermeister Bay in May 2012 after men allegedly forced their way in and attacked a couple living there. The residents were treated in hospital while officers searched for the assailants, who had left the home before cops arrived, police said.

Police are continuing to look for Travis Sol Gerard Noname, 33, of Regina. He's described as aboriginal, five-foot-five and 165 pounds with long, straight brown hair and a thin moustache. He has a tattoo of a cross on his left upper arm and a three-centimetre scar on his chest.

Police ask anyone with information on Travis Noname to call them in Regina at 306-777-6500 or Crime Stoppers at 1-800-222-8477.

Kyle Noname is scheduled to appear in provincial court on Wednesday morning. METRO

Insurance

Put brakes on motorcycle rates, panel says

A panel says Saskatchewan's auto fund should hold off on big changes to motorcycle insurance rates for now.

The rate review panel has approved an overall rate increase of 1.03 per cent for all vehicles and a one-year surcharge of 1.23 per cent to boost the auto fund's reserves.

Rate rebalancing — which tries to get rates in line with losses for each vehicle class — meant some drivers could have seen a huge hike.

The panel says that increase should be capped at 15 per cent for all vehicles, including motorcycles.

There was outrage earlier this year when Saskatchewan Government Insurance proposed an increase that would have seen insurance costs for motorcycles go up by an average of 73 per cent.

The province told the auto fund to reconsider and a committee is now reviewing factors that affect motorcycle insurance.

THE CANADIAN PRESS

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Birth control pills linked to 23 deaths: Report

Yaz and Yasmin.
Health Canada claims 600 instances of adverse reactions to popular contraceptives

The birth control pills Yaz and Yasmin have been linked to the deaths of at least 23 Canadian women, the youngest just 14 years old, Health Canada documents say.

The deaths are among about 600 adverse reactions reported among women taking the contraceptives between 2007 and Feb. 28 of this year, Health Canada confirmed Tuesday.

Doctors and pharmacists who submitted the reports to the Canada Vigilance Program said Yaz and Yasmin are suspected in the 23 deaths. The reports say most of the women died suddenly after developing blood clots, a known risk with the pills.

Since 2007, Health Canada said the program has received reports of adverse reactions among 333 women taking Yasmin and 267 women prescribed Yaz.

Among those cases were 15 deaths linked to Yasmin and eight to Yaz. More than half of the women who died were under age 26, with the youngest being a 14-year-old girl. Most deaths reportedly occurred soon after the women started taking the drugs.

Yaz and Yasmin are both made by Bayer and are often characterized as "newer-generation" birth control pills.

THE CANADIAN PRESS

Causation vs. correlation

Health Canada said reports of adverse reactions cannot be interpreted as showing cause and effect.

- "Often it is not possible to determine if an adverse reaction reported to Health Canada is a result of using a specific health product," the department said by email. "Other factors contributing to the AR could be a person's health conditions or other health products ..."
- Bayer says the pills are safe and effective when used as directed.

Protests rage in Turkey's Taksim Square

Hundreds of riot police overran improvised barricades at Istanbul's Taksim Square on Tuesday, firing tear gas — as seen here — rubber bullets and water cannons in running battles with protesters who have been occupying the area for more than a week. The police raid, which came on the 12th day of nationwide anti-government protests, sparked clashes with groups of demonstrators well into the afternoon. Many other protesters fled into the adjacent Gezi Park, where hundreds have been camping out to stop developers from cutting down trees in the park. LAM YIK FEI/GETTY IMAGES

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Cops sending a message. Alleged sexting leads to child porn charges for teen

Explicit text messages allegedly from a Calgary teenager to his ex-girlfriend have led police to lay child pornography and harassment charges.

The case, made public by investigators Tuesday morning, relies on a rarely used provision of the Criminal Code of Canada, admitted Alberta Law Enforcement Response Teams (ALERT) Staff Sgt. John Guigon; however, he hopes it sends a message to others.

"Everything you do on the Internet leaves a footprint," Guigon said.

The 15-year-old teen allegedly sent a series of messages both in February and again in late May using an iPod and an account owned by one of his parents.

Guigon said the case also serves as an example of why parents should pay attention to their child's activities online.

JEREMY NOLAIS/METRO IN CALGARY

Thwarting liberalism. Russian lawmakers pass anti-gay education bill

A bill that stigmatizes gay people and bans giving children any information about homosexuality won overwhelming approval Tuesday in Russia's lower house of parliament.

Hours before the State Duma passed the Kremlin-backed law in a 436-0 vote with one abstention, more than two dozen protesters were attacked by hundreds of anti-gay activists and detained by police.

The bill banning the "propaganda of nontraditional sexual relations" still needs to be passed by the appointed upper house and signed into law by President Vladimir Putin, but neither step is in doubt.

The measure is part of an effort to promote traditional Russian values instead of Western liberalism.

THE ASSOCIATED PRESS

U.S. privacy scandal

Civil rights groups go after NSA

Two prominent civil rights groups have filed a lawsuit against the National Security Agency over its program that reportedly collects the telephone records of millions of American customers of Verizon.

The American Civil Liberties Union and the New York Civil Liberties Union say in a lawsuit filed Tuesday that the program violates First Amendment rights of free speech and association. THE ASSOCIATED PRESS

Mumbai

Son of Bollywood actors accused of abetting suicide

The son of a Bollywood couple has been arrested on suspicion of abetting the suicide of his girlfriend, actress Jiah Khan, police said. Suraj Pancholi was arrested late Monday.

Police confirmed Khan, 25, committed suicide at her home last week. A letter she wrote alleges Pancholi cheated on her and physically abused her.

THE ASSOCIATED PRESS

Outbreak. Organic berry mix linked to hepatitis

The Public Health Agency of Canada says about 1,200 Canadians bought a blend of frozen berries linked to a hepatitis A outbreak in the United States.

It says the consumers, most of whom live in British Columbia and Alberta, bought the product from U.S. Costco stores in West Coast states.

The Oregon producer has recalled the mix, sold in Canada under the name Harris Teeter Organic Antioxidant Berry Blend.

In the U.S., the Centers for Disease Control and Prevention says an outbreak of hepatitis A linked to a frozen berry mix sold at Costco has grown to 87 people with illnesses in eight states. THE ASSOCIATED PRESS

Organic Antioxidant Berry Blend
FDA/THE ASSOCIATED PRESS

Meatless Mondays

Meat sales surge for Vancouver butcher shop

Vancouver's West Broadway Meat Co. saw a 15 per cent increase in sales on June 10, the same day the city encouraged Vancouverites to eat vegetarian in support of a global movement called Meatless Mondays.

The trend was fuelled by a public butchering of a 350-pound water buffalo. The shop butchers animals regularly and the public is invited to watch through a viewing window.

But that didn't stop animal-rights protesters and camera crews from showing up at the shop in time for the demonstration. ELIZABETH HAMES/FOR METRO

Mayor proposes $20B plan to protect N.Y.C.

Storms and floods. Levees, removable walls, flood gates part of Bloomberg's ambitious proposals

Lower Manhattan is visible from the Staten Island Ferry on Tuesday. Mayor Michael Bloomberg has announced a plan to protect New York from storms and the effects of global warming. RICHARD DREW/THE ASSOCIATED PRESS

Removable flood walls would be set up for much of lower Manhattan, a levee up to six metres would guard part of Staten Island and a system of gates and levees would protect a Brooklyn creek as part of a nearly $20 billion plan that Mayor Michael Bloomberg proposed Tuesday to transform how New York City girds itself for storms and global warming.

Bloomberg's proposals also include building dunes on Staten Island and the Rockaways, firming up the shoreline with bulkheads in various neighbourhoods and building a levee and new "Seaport City" development at the South Street Seaport that would echo nearby Battery Park City.

The mayor is also suggesting giving $1.2 billion in grants to property owners to flood-proof their buildings and $50 million to nursing homes to improve theirs; making hospitals even in rarely flooded areas upgrade their pumps and electrical equipment; and expanding beaches and marshes.

Bloomberg acknowledged that much of the work would extend beyond the end of his term this year. "This is urgent work, and it must begin now." THE ASSOCIATED PRESS

An unsettling future

The projections paint an unsettling picture of New York's future: A city where, by the 2050s, 800,000 people could be living in a flood zone that would cover one-quarter of the land, and there could be as many 90-degree days as is now normal for Birmingham, Ala.

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Creditors force Greece to switch off TV and radio

No news can't be good news. Private TV news broadcasts halted after media union calls lightning six-hour strike

Greece is to close down all its state-run TV and radio stations with the loss of some 2,500 jobs as part of its cost-cutting drive demanded by the bailed-out country's international creditors.

Tuesday's move heralds the first direct public sector layoffs in more than three years of painful austerity, which have already cost nearly a million private sector jobs. The shock announcement widened cracks in the year-old conservative-led governing coalition, with both minority partners condemning the suspension of Hellenic Broadcasting Corporation, or ERT.

Nonetheless, government spokesman Simos Kedikoglou — a former state TV journalist — described ERT as a "haven of waste" and said its TV and radio signals would go dead early Wednesday. He said the company will reopen "as soon as possible" with a smaller workforce.

ERT is the first state broadcasting casualty among Europe's bailed out countries. Portugal's state broadcaster has had its staff and budgets cut, while Ireland's RTE has cut the salaries of its highest paid stars.

THE ASSOCIATED PRESS

Greek bastion

While lacking the prestige of state broadcasters such as Britain's BBC, ERT was seen as a bastion of quality programming.

- But it has been used by governments to provide safe jobs for favourites, and to showcase administration policies.
- ERT is largely state-funded, with every Greek household paying a fee through its electricity bills — whether they have a TV set or not.

Ethnic rivals take baby steps in 'Babylution'

About 10,000 Bosnians from the three main ethnicities, Serbs, Bosniaks and Croats, from across the country join forces in front of the parliament building in Sarajevo, Tuesday, in what is now being called the "Babylution." Bosnia's "baby revolution" began last week as a small protest of parents pushing strollers to parliament to demand a new law be passed so their newborns could get national identity numbers, needed to acquire passports and other documents. An old law lapsed in February, leaving all babies born in the country since then without personal documents. ELVIS BARUKCICELVIS BARUKCIC/AFP/GETTY IMAGES

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Europe-U.S. free trade. France digs in its heels over film, TV exceptions

A cloud is hanging over the upcoming free-trade talks between the European Union and the United States after France said it won't back any deal that threatens the country's prestigious film, radio or TV industries.

The audiovisual sectors have traditionally been excluded under what is known as the "cultural exception," which allows governments to subsidize and protect them. In general, free-trade agreements are supposed to limit or ban such support.

French Trade Minister Nicole Bricq said the latest draft of the negotiating mandate, to be presented to EU ministers Friday, still has audiovisual services on the table — and that's not acceptable to France.

THE ASSOCIATED PRESS

Protest songs. Sting, Green Day join campaign aimed at G8 leaders

Sting, Green Day, Ed Sheeran and Mumford & Sons are among musicians raising their voices against poverty by re-recording classic protest songs.

The agit8 project, which hopes to influence leaders at next week's G8 summit in Northern Ireland, is backed by the One Campaign set up by U2 front man Bono.

The songs, available online from Tuesday, include Sting performing The Police track Driven to Tears and Sheeran's version of Bob Dylan's Masters of War. THE ASSOCIATED PRESS

Target

The agit8 project wants G8 leaders to help boost African food production and improve transparency in international aid.

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Media freedom

Ukraine launches online TV channel

Leading Ukrainian journalists have announced the launching of a new online television channel that will be independent of government and business interests. Public Television should begin operating in September.

Media freedoms have waned since President Viktor Yanukovych came to power in 2010 and journalists have complained of increasing censorship.

THE ASSOCIATED PRESS

Alpine power centre

Hitler's retreat getting makeover

Adolf Hitler's mountain retreat in Bavaria is getting a makeover, with a $23-million renovation project that will enlarge the historical information centre now there.

The alpine village was a second centre of power after Berlin for the Nazis, with high-ranking officials like Herman Goering, Albert Speer and Martin Bormann also keeping homes there.

THE ASSOCIATED PRESS

Make that 4 in a row: Poll counts episodes in an average TV binge

Glued to the couch. Marathon viewing is 'transformational' trend in television industry

Canadians' growing appetite for binging on episodes of their favourite TV shows represents a "transformational" trend that's shaking up the industry, says Rogers, which released the results of an online poll Tuesday.

In the survey of 1,275 Canadians conducted by Head Research, viewers were asked how many episodes of a show they went through consecutively during a binge-watching session on a weeknight or on a weekend.

The average during the week was four straight episodes and it was 4.6 on weekends.

The figures weren't surprising to David Purdy, Rogers' senior vice-president of content, who said binge viewing is a major trend the company is paying close attention to.

A viewer starts up Netflix on an iPad. The average binge-watching session on a weeknight is four straight episodes of a show, a new study has found. GETTY IMAGES FILE FOR NETFLIX

"We're kind of in the beginning of what we think is a major transformational stage in the TV world, so we have a ton of questions and we're doing a lot of research these days," said Purdy, noting that young people in particular have been identified as big fans of marathon viewing.

When asked how many episodes of a show they watched consecutively during a viewing binge, the respondents who were 34 and younger averaged 5.4 episodes on a weeknight and 6.6 episodes on a weekend. Among those 55 and older, the averages were 3.2 on a weeknight and 3.3 episodes on a weekend.

"A lot of it is based on life stage, so if you're younger and more tech savvy you're more likely to have adopted marathon viewing or binge viewing than if you're an older demographic," said Purdy.

He said the company is looking to address the trend by rolling out a Netflix-type on-demand service that would be sold as an add-on to a monthly subscription. THE CANADIAN PRESS

What's a Waze worth? If you're Google, a cool $1B

Ben Gleitzman uses a traffic and navigation app called Waze on his iPhone as he drives to work in Menlo Park, Calif., in this March 2012 photo. Google is buying Waze in a $1.03-billion US deal that keeps a potentially valuable tool away from its rivals while gaining technology that could improve the accuracy of its own popular navigation system, the company said Tuesday. THE ASSOCIATED PRESS FILE

Malaysia

Petronas to spend up to $16B on B.C. export facility

Malaysian national oil company Petronas expects to spend up to $16 billion to build a liquefied natural gas export facility and related infrastructure in Western Canada. The company says it will invest up to $11 billion to construct two LNG liquefaction plants near B.C.'s west coast, and $5 billion for a pipeline to supply gas to the two plants.
THE ASSOCIATED PRESS

Market Minute

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Employment forecast

Hiring outlook for third quarter is less rosy than year ago: Survey

The latest Manpower Employment Outlook survey found that Canadian hiring prospects for the third quarter are slightly less positive than a year ago.

The survey is based on interviews with more than 1,900 employers in Canada. It found that 21 per cent of respondents expected to add employees in the July-September quarter.

That's down two percentage points from 23 per cent in the survey covering the third quarter of 2012.

In both years, most employers expected no change. However, Manpower's seasonally adjusted measure declined to nine per cent — a drop of three percentage points from a year ago and from the previous quarter.

The transportation and public utilities sector showed the most positive hiring outlook and manufacturers showed the least positive hiring intentions.
THE CANADIAN PRESS

Lululemon. CEO's surprise exit marks 'time of turmoil and change' for retailer

The fallout from the latest wardrobe malfunction at Lululemon Athletica Inc. continued Tuesday as the stock plunged following news that the woman who helped build the company's reputation plans to depart.

Chief executive Christine Day's announcement late Monday came as a surprise to most and overshadowed better-than-expected earnings at the athletic clothing retailer.

BMO Capital Markets analyst John Morris said the company is now in the midst of a "time of turmoil and change" as it prepares for the next stage in its expansion while fixing some past problems.

Lululemon has soared to a level of unprecedented success in recent years by exploiting a retail category that was practically untapped when it first hit the scene. Much of the growth was encouraged by Day, who took an active role in building the company with a grassroots marketing campaign that rallied customers with in-store yoga classes and other community events.

However, a number of stumbles in quality control have raised questions about whether she would be the right person to lead a global expansion of the company into China and Europe.
THE CANADIAN PRESS

A man walks past the front of a Lululemon store in downtown Victoria on Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

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For some reason I can't get that song out of my head.

Maybe that's because it turns out to be massively prophetic. The Police are watching every move I make — and every move you make, too. And the "police" in question are not Sting; they are the mother of all police: The National Security Agency.

Every phone call and digital interaction ever made for the past seven years. Not just in the United States, but whatever's on the servers of Microsoft, Google, Apple, Facebook and YouTube.

So if you're me and you rely on Microsoft Exchange for your email, and download it onto your iPhone and iPad, the police are recording every etc., and they're doing it over and over again on multiple servers.

They must be sick of me by now.

But let me tell you, not as sick of me as I am of them. And here's why:

1) "They" (Big Brother, The Man, The Police, Sting, whatever) have all this information and they still can't prevent a couple of terrorist-goofs from some obscure former Soviet Republic from blowing up the Boston Marathon. The more we learn about these two, the more it was obvious they were a threat to themselves and anyone not on their freakish wavelength — and the NSA was all over their freakish wavelength. So where are we going with this?

2) "They" tell nobody nothing, er, anything. They have secret court orders compelling Internet and phone companies to fork over data, the details of which remain secret. If some guy named Edward Snowden hadn't decided to go public with this information, we'd still be accessing the Sports Illustrated Online Swimsuit Edition in a fool's paradise of assumed privacy. Meanwhile, the Speaker of the U.S. House of Representatives calls Snowden a "traitor" for his pains. Let me just say: Ed, this fool thinks you're a hero.

3) "They" appear to answer to no one except the President, and he doesn't care. Nobody is listening to your telephone calls, says Obama. They're only monitoring them for the numbers called and the duration. Oh, is that all. Fortunately, I haven't made any hour-long calls to Kyrgyzstan lately.

4) "They" are proving just because you're a conspiracy theorist, that doesn't mean they're not out to get you. Paranoia is just another word for: You think you've got nothing left to lose? You don't really know, do you?

5) "They" rule the world. Knowledge is power. All knowledge is all power. You think Google's a killer program? Imagine what they're running at the NSA. I'm just so glad the Taliban aren't in charge at the NSA.

At least, I don't think they are…

ZOOM

Jesus Christ, breakdance superstar

MATT CARDY/GETTY IMAGES

Sacred street art

A giant mural depicting a breakdancing Jesus — shown here with its artist, Cosmo Sarson — has been unveiled in Bristol, England. Breakdancing Jesus, which took four days to paint and involved a kilo of glitter, was inspired by an event in the Vatican in 2004 where breakdancers performed to an applauding Pope John Paul II. METRO

Q and A

Two cultures fuse

COSMO SARSON
Graffiti artist

You drew inspiration from breakdancers who performed for Pope John Paul II. But what's the message behind your mural?

It's not intended to be any sort of religious propaganda — it's meant to be humorous. In a way, the mural is poking fun at Western religion. However, even within Christianity, at the wedding at Cana for instance, there would have been dancing. I would say it's a fusion of two cultures: the world of hip hop, which breakdancing is a part of, and Christianity.

You could say the mural is a modern take of an amazing Christ, no?

Yeah, I would be really pleased with that interpretation. I think if John Paul II were alive today and saw this, he would love it.

Clickbait

LUKE SIMCOE
luke.simcoe@metronews.ca

With news that the U.S. government has been snooping on your favourite Internet services, Metro takes a look at some alternatives to help you keep your business to yourself.

Twitter:

Although nearly as popular as Facebook, the 140-character service wasn't included on the list of companies being data-mined by Uncle Sam. As well, the Electronic Frontier Foundation recently gave the site full marks for protecting its users from government monitoring.

DuckDuckGo:

Launched in 2008 as a competitor to Google, this little search engine doesn't collect any data on its users.

Ubuntu Phone:

With Apple and Android phones crossed off the list, there's always Blackberry. However, if you're not a fan of the company formerly known as RIM, give Ubuntu Phone a spin. It's based on the most popular version of the Linux operating system, and could be available for certain handsets this fall.

Letters

RE: Why The !@#$ Can't I Swear?
Published June 11

I am surprised that she cannot figure out that it is inappropriate to swear in a family restaurant with kids present! I was in the military for 21 years and can swear better than most, but I'm smart enough to figure out when and where to do it.

As for the father who reprimanded Jessica and her BF, good for him.

Her comments are a representation of everything that is wrong with this world; that people are too self-centred and don't care about anyone else, even when they are wrong.

Jeff Taylor, Ottawa

Jessica Napier seems to suggest that foul language in public places is an acceptable norm and her recent reprimand by a father at an adjacent table at a restaurant was an over-the-top reaction in today's world.

Yes I agree. Foul language seems to be an accepted norm in many young people's communication, but I don't agree it is a step for the better or part of a licence to free speech. As she says, it often comes from laziness and probably from a lack of, dare I say, more appropriate language skills. I, for one, don't wish to hear swearing in a restaurant, on buses, in malls, or anywhere else just because 20 somethings can get away with it.

Bob Hawkins, Ottawa

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Sensitivity behind the Steel

Interview. The new Superman speaks to Metro about how this superhero is vulnerable and realistic — as real as someone who flies, at least

NED EHRBAR
Metro World News

Henry Cavill's real super power is handling crazed fans with a relative ease. GETTY IMAGES

Iron Man gets the best jokes. Batman gets the best films. Wonder Woman gets the best plane (invisible!). Now 75-years-old, the galaxy's most famous Kryptonian is back in Man of Steel, a grounded take on the icon, directed by Zack Watchmen Snyder.

In the film — an origin story — the young alien is scuttled to Earth, grows up, meets a girl (Amy Adams) and defends our planet from the evil General Zod (Michael Shannon).

He also mopes around. A lot. In a tonal continuation of The Dark Knight series, our hero has feelings, and they add an extra dimension that the creators (including producer Christopher Nolan) hope make the character less boring and more relevant.

Henry Cavill, a British actor best known for TV's The Tudors, stars as the Man of Steel. In a one on one, we asked him why he's not so steely after all.

We've gone from square-jawed demigods to heroes that have to show vulnerability or a flaw. What do you think of that progression?
Well, when they were initially conceived, we needed them — desperately. We needed them to be strong-jawed superheroes — the classic hands-on-hips, nothing can touch me, bullets bouncing off them. I mean, when Superman first came around we were out of First World War, and Second World War is sort of creeping up and we needed those guys who could flit around the place and do wonderful things, and we could fantasize about all the world's problems being solved.

And now?
And now they've evolved into a more modern, more realistic thing to go with the times, so that the stories are still interesting. People these days don't find the immovable object interesting — the untouchable thing and the hero who will always win. We want to think that maybe our hero will lose, but then he wins. We must be able to associate with them. They've become less of a fantasy and more of an ideal to strive towards.

What do you think audiences need from superheroes now?
It's the same thing we've always needed, which is that sense of hope. There's always something going wrong in the world. It just shifts depending on the generation. And it's always nice to have that fantasy of there's someone who's going to fix everything. It's beating the odds, and that's been the same with mythological characters since the dawn of time, since we could think up gods — good gods and bad gods. Nothing has changed in the human psyche. We still need that.

What has Man of Steel done to make him more relatable?
We've given him a very human essence. As much as he's not susceptible to the frailties of the human physical body, he's very much susceptible to the frailties of the human psyche, and that is what really makes us in touch with someone else, makes us go, 'I know your pain' or, 'Yeah, I've felt that happy before.' That's how we associate with people, and in this we've brought that to the character.

Henry who?

- **Age.** 30
- **From.** Jersey, off the coast of Normandy (he's British)
- **You know him from.** The Tudors
- **He was considered for.** Cedric Diggory in Harry Potter; Edward Cullen in Twilight; James Bond in Casino Royale; Superman in Superman Returns
- **How being an actor is like being Superman.** "It's a lonely existence, and that I could pour straight into the character. And also that search for acceptance."
- **Did Man of Steel soar or fall to earth with critics?** Go to Metronews.ca to read Metro's very own Matt Prigge's review of the newest Superman movie. Pick up Metro this Friday to get the Reel Guys' unique and funny take on the film.

The Dark Knight director Christopher Nolan produced Man of Steel and has made the DC Comics world feel tethered to reality more than to cartoons.
It ties in very much with the evolution of the superhero. We need to see them in a real-world setting. It helps us to feel more and to be a part of the story if we base it in realism, and that's important to me. I've never played this sort of, 'OK, I'm going to talk (in a low, gravelly voice) all of a sudden.' If I heard someone talking that way, I'd look at them funny and say, 'Are you OK? Do you need to sit down? Have some water, perhaps?' Because they sound like a crazy person. And I've always played my characters that way. Playing Superman was no different. I wanted to play him as a realistic being, just with these incredible powers, and that was up to CGI to fix for me.

There's been a great deal of talk about plans for a Justice League movie. Do you feel a natural sense of competition with the Avengers, which is owned by rival company Marvel?
I mean, of course there's going to be a sense of competition because it's groups of superheroes coming together, of course there is. I don't like to think of it as competition. But people will naturally put the two together as competitors.

Eventually there has to be a World Cup of Superheroes.
Right (laughs).

So who would win?
OK. The difference between the Marvel heroes and the DC heroes is that DC heroes are godlike, all of them, where Marvel heroes, you might get one like Thor but otherwise they're very human. So in a head to head… who knows? I mean…

You can take sides.
No, I'm not going to pick a side because I don't think it's fair... anything can happen. A plan never survives first contact. But it would be very cool.

Justin Bieber. ALL PHOTOS GETTY IMAGES

Bieber has no interest in making dreams come true at Disneyland

Justin Bieber apparently learned his lesson about acting his age after being booted from a Hollywood nightclub for being underage.

The next night, the 19-year-old pop star hit up Disneyland for a guys' night out, according to E! News.

Bieber "was surrounded by a lot of security. Half were like his personal security and the other half were from the theme park," a source says of the night out.

"He wouldn't let anyone talk to him and he was walking pretty fast."

Peter Dinklage

Dinklage has a short attention span for Game of Thrones

While Game of Thrones fans around the world have been in shock over recent events on the show, star Peter Dinklage remains unfazed.

"That was, like, a year ago for me," he tells TMZ.

And he's not really caught up on the series, anyway.

"I don't watch the show," he admits. "I mean, I don't have HBO."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Seth Rogen admits his Guilt Trip drove off a cliff

Seth Rogen isn't the biggest fan of some of his own work, joking to comedian Doug Benson that The Guilt Trip, his recent film with Barbra Streisand, is only suitable for viewing on airplanes.

"We shot that movie in the format that plays on airplanes only," Rogen says.

He also offers a surprisingly candid postmortem on The Green Hornet, his and co-writer Evan Goldberg's action comedy that disappointed both critically and financially, calling it the "perfect storm of bad sh— happening. Goldberg explains that we were making it for America and China at the same time."

Ellen Page

Ellen getting paged on relationship rumours

Look at what an innocent photo can do. The East director Zal Batmanglij tweeted a picture over the weekend of co-stars Alexander Skarsgard and Ellen Page in an affectionate embrace along with the comment, "This reminds me of shooting."

The image sparked a slew of rumours that Skarsgard and Page are dating, but multiple sources confirm to Us Weekly that they are not in fact an item. Of course, the pair had to shoot down similar speculation a year ago when they attended a Stanley Cup finals game together. "They're just two hockey fans," a source explained at the time.

Jane Lynch

No Glee in this household

Glee star Jane Lynch and her wife, Dr. Lara Embry, are divorcing, a source confirms to Us Weekly. Lynch and Embry met at a 2009 gala for the National Center for Lesbian Rights and married a year later. Lynch, who is currently starring on Broadway in the revival of Annie, has reportedly moved out of the couple's Los Angeles home.

Twitter

@tyrabanks
"TyTy, I miss you, baby." The treadmill is calling my name. About to reunite. There will be tears...

@johncusack
Perhaps the president and congress will let some of us decline our lojacks if we are good boys & girls and trust their angelic benevolence

@AmandaBynes
I only like @Drake because he's so ugly! His ugly cheeks at the EA conference! Fine he is not, but he knows he's ugly! I've spoken to him!

REGINA metro®

News worth sharing.

Myth of abundance

Despite previous statistics you may have heard about, Canada has only 6.5 per cent of the world's water supply — much less than Brazil and Russia. PAVELS/VEER

We aren't as flush with water as we think we are

ANDRÉ VOSHART
Water Canada

That statistic you may have heard before — that Canada holds 20 per cent of the world's fresh water — may be too good to be true. According to a leading water expert, we are not as flush with water as we think we are.

"The myth of limitless abundance is the notion that Canadians have maintained that we have more water than anyone else in the world, and that we will never run out of it," says Robert Sandford, author of Cold Matters: The State and Fate of Canada's Freshwater.

Canada has only 6.5 per cent of the world's supply — much less than Brazil and Russia and about the same as the United States.

"This myth allows us not to think about how we use water and what we do to it," Sandford says. "We turn on our taps and we expect it to be there."

He adds that the myth is perpetuated by reliable water supplies in urban areas and very cheap costs for delivery. More than two-thirds of the nation's fresh water is in the north, while 80 per cent of the population is in the south, where its needs are concentrated.

The perception of the Great Lakes as an infinite supply of fresh water is also skewed. Sierra Club Canada reports that, on average, only one per cent of the lakes' water is renewed annually by precipitation and inflow from rivers and groundwater.

"There are times when we don't have enough water to maintain agriculture, meet human water needs, (meet) industrial demands, and still keep the Great Lakes at levels necessary to permit optimal conditions for shipping," Sandford says.

Climate change is also beginning to have an enormous influence on the water supply, melting much of the "post-glacial hydrological wealth" in the Arctic and other northern regions. Additionally, Sandford says climate change is rearing its head in other ways. Since a warmer atmosphere holds more water and water levels are declining due to evaporation (such as in the Great Lakes), this increased vapour then fuels more extreme weather events.

The nation's water is on the move and Sandford explains it may not be there when we need it.

"As we can no longer take water for granted, we would be wise to dispel the myth of its limitless abundance."

Clean, fresh water for all Canadians.

RBC Blue Water Project

Natural process

Make a difference in the natural water cycle

PAGE LIW3

Smart evolution

New meters are changing the way we think about water use

PAGE LIW6

What will you do?

When a city faces a water problem, it's serious

PAGE LIW7

Water works

Water is precious and should be conserved. We have partnered with RBC Royal Bank to offer you inspiring reasons to use water wisely.

Why is it important to invest in water?

Everyone needs water, no matter where you live or what you do. It's one of the Earth's most precious natural resources, and nearly everything we do—from the crops we grow to the energy we produce—depends on it.

As our cities and towns continue to grow, the strain we put on water is increasing. Now more than ever, we need to protect clean water, for future generations in Canada and around the world.

That's why, in 2007, we launched the RBC Blue Water Project with a 10-year, $50 million commitment to help ensure a future with clean, fresh water.

Clean, fresh water for all Canadians.

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Singing in the rain

KERRY FREEK
Water Canada

In the natural water cycle, water seeps into the ground, evaporates into plants and the air, and makes its way to nearby waterways.

But where does rain go after a storm in the city?

A paved urban landscape changes the natural process. Water flows into storm drains, along the way collecting the garbage, road salt, and bacteria that pollutes our water. Storms can also cause overflows in sewers that weren't built to manage heavy rain. A 2012 national infrastructure report card estimates it would cost $15.8 billion to replace Canada's poor stormwater infrastructure.

When sewers overflow, there's a greater chance of flooded basements in homes and businesses. More frequent and heavier storms have made water damage the leading cause of insurance claims in Canada. The cost to taxpayers is steep, too — every year, billions of dollars are spent repairing the damage.

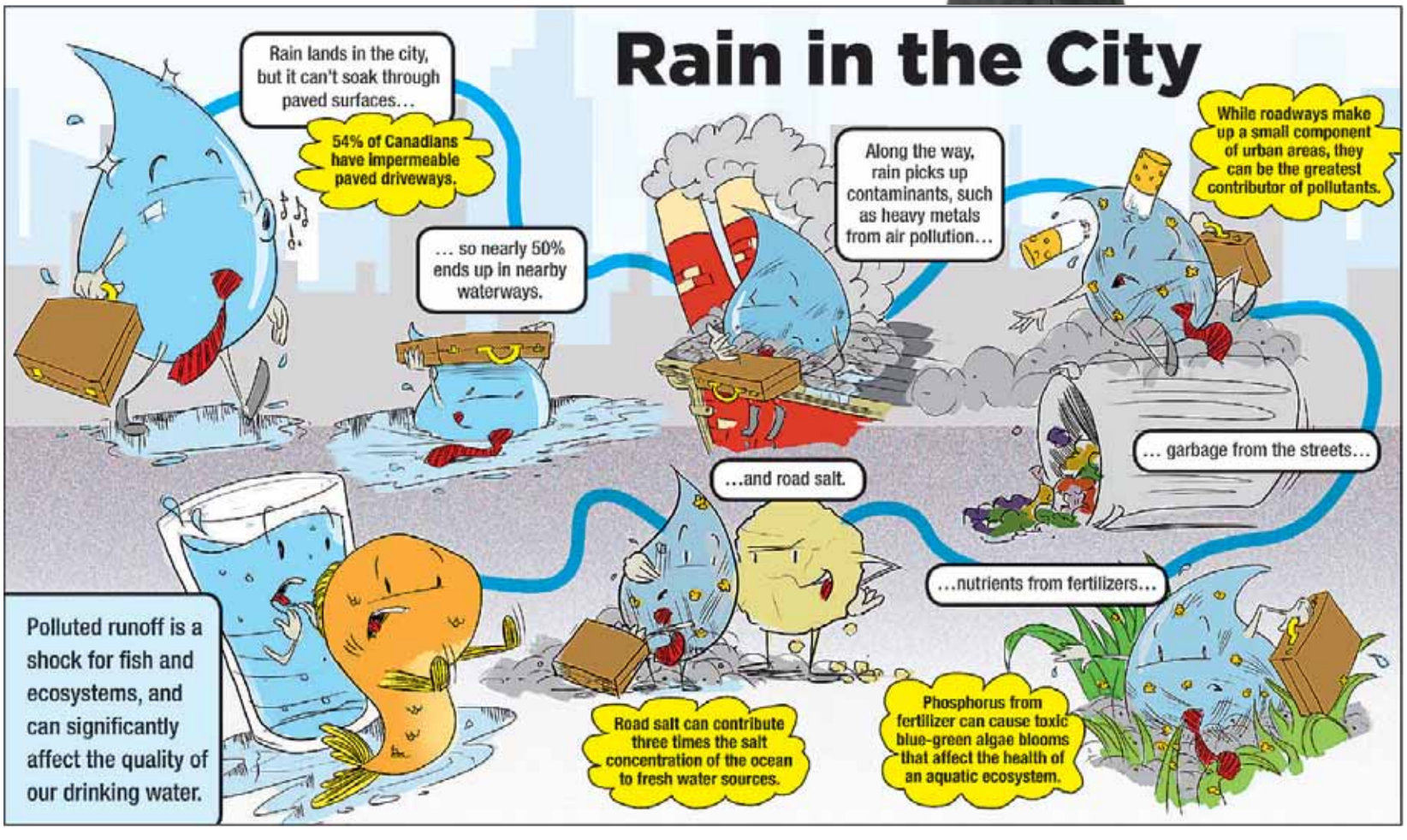
"We should all care, whether we're property owners or renters," says Christine Zimmer, manager of protection and restoration at Credit Valley Conservation in Ontario.

Zimmer offers these suggestions to make a difference:

1 Disconnect your downspout. "Roof downspouts are often directly connected to storm sewers. Disconnecting them and leading the water to rain barrels or rain gardens can help reduce instances of basement flooding," she says.

2 Make paved areas as small as possible. According to the 2013 RBC Canadian Water Attitudes study, 60 per cent of 18-34-year-olds would give up a paved driveway to help water management.

3 Use less fertilizer or none at all. Run-off collects nutrients from fertilizers, such as nitrogen and phosphorus, which can cause toxic algae blooms in waterways and result in a weakened aquatic ecosystem and more frequent beach closures.


Rain in the City
Rain lands in the city, but it can't soak through paved surfaces…
54% of Canadians have impermeable paved driveways.
… so nearly 50% ends up in nearby waterways.
Along the way, rain picks up contaminants, such as heavy metals from air pollution…
While roadways make up a small component of urban areas, they can be the greatest contributor of pollutants.
… garbage from the streets…
…and road salt.
…nutrients from fertilizers…
Polluted runoff is a shock for fish and ecosystems, and can significantly affect the quality of our drinking water.
Road salt can contribute three times the salt concentration of the ocean to fresh water sources.
Phosphorus from fertilizer can cause toxic blue-green algae blooms that affect the health of an aquatic ecosystem.

Leaky business

Down the drain. Homeowners can be paying unwanted costs due to faulty faucets, toilets

KERRY FREEK
Water Canada

A faucet leaking 60 drops a minute can waste up to 8,703 litres of water in one year, but can cost pennies to fix. PAUL FLEET/VEER

Are you more likely to repair an Internet connection or a leaky faucet? According to the 2013 RBC Canadian Water Attitudes Study, 75 per cent of Canadians would choose to call tech support before they dial the plumber.

But while you may lose a few hours of surfing without your Wi-Fi, you could be throwing away dollars on wasted water. Studies have found that homes can lose up to 76 cubic metres of water per year due to leaks. That's the volume of 76 small bar fridges.

Want to clear your water-wasting conscience? Here's how to locate and fix minor leaks.

• **Check your water bill.** If your bill is higher than usual and you think your household water use has remained more or less the same, it might be time to check for leaks. Don't worry — while some leaks require professional attention, not all have to end with an expensive invoice. For a list of reasons to call the plumber, visit bit.ly/TUwpnc.

• **Put a stop to dripping faucets.** A faucet leaking 60 drops a minute can waste up to 8,703 litres of water in one year, but can cost pennies to fix. Worn out washers may be the cause, and most hardware stores carry faucet repair kits that illustrate how to replace a washer. EPCOR, Edmonton's water utility, has videos on how to replace single- and double-stem faucets. Visit bit.ly/18EFUP2.

• **Listen for leaky toilets.** According to Environment Canada, a toilet that continues to run after flushing can waste up to 200,000 litres of water in one year. If you suspect a leak, add a few drops of food colouring to the tank. If the colour appears in the bowl, you could have a loose flapper valve. For a video demonstrating how to replace flapper valves at a low cost, see bit.ly/11IbVFL. Note: If the leak is around the base of the toilet, it's time to call a professional.

Keep in mind that leaks aren't always easy to find. If you suspect a leak but can't locate the source, call your utility and ask for a residential water audit.

Greywater use gaining waves of support

ANDRÉ VOSHART
Water Canada

New technologies are helping green-minded citizens and developers curb Canada's wasteful water ways, including recycling "greywater," the waste water from showers, baths, and other sources not contaminated with sewage. VALUA VITALY/VEER

In many homes across Canada, all water is created equal — the water used to wash hair, flush toilets, and rinse dishes all comes from the same source. However, new technologies are helping green-minded citizens and developers curb Canada's wasteful water ways.

One approach looks at recycling "greywater," the waste water from showers, baths, and other sources not contaminated with sewage. Homeowners and builders can install greywater reuse systems, which will reclaim and purify the lightly used water in order to flush toilets. They are already in place in parts of the world where potable (drinkable) water is scarce, like the southwestern United States and Australia.

"To flush a toilet, you don't need the purist, filtered, pH-adjusted, UV-disinfected, and ozonated (or chlorinated) water in the world," says Chris Higgins of the Canada Green Building Council, an organization that certifies Leadership in Energy and Environmental Design (LEED) homes. He says flushing a toilet accounts for between a third and a quarter of water use in the average home, and "most clear, odour-free water will work."

He says a Canada-wide adoption of reuse systems is low, but growing.

"Areas with high water cost are much more likely to adopt greywater reuse strategies," he says.

For example, Higgins lives in Vancouver, where his single-family home has no water meter, so he pays the same amount no matter how much he uses. But other municipalities present citizens with more of a reason to be water conscious: Edmonton charges both for water use by the litre and sewage by the litre, so in that case, "there are monthly cost savings using greywater," he says.

City planners in Guelph, Ont., have a goal to lower water use by 20 per cent by 2025. Wayne Galliher, the city's water conservation project manager, says new homes were using on average more water than homes 30 years their age and that's the reason the city launched Blue Built Homes, an initiative to encourage local builders to promote water efficiency in new buildings. In a study of the city's greywater systems, 25 participants were monitored, and average water demands dropped by 22.6 litres per capita per day.

You can reuse it

"To flush a toilet, you don't need the purist, filtered, pH-adjusted, UV-disinfected, and ozonated (or chlorinated) water in the world."

Chris Higgins, of the Canada Green Building Council

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RBC
RBC Blue Water Project

Smart meter measurements are more accurate, resulting in water bills that better reflect actual use. This will allow customers to fully understand how their household activities — including watering the garden and doing laundry — impact the bottom line. VEER PHOTOS

Tapping into smart billing

Next evolution. Smart meters are changing the way Canadians are thinking about water use

KERRY FREEK
Water Canada

In the old days, you received a water bill — likely one based on a flat rate — and paid it, no matter how much water you used.

If your city had meters — more than one-third of Canadian households still don't — you might be billed for the actual volume of water you consumed, but it would be too late to understand and adjust your consumption patterns. Not only that, it might take several billing cycles to figure out if your home had a pesky, water-wasting leak.

"For years, it's been 'get water bill, pay bill, get water, consume water,'" says Norm Daigle, executive vice-president of Harris Utilities SmartWorks.

The next evolution — smart metering — is changing the way Canadians think about their consumption.

With smart meters, measurements are more accurate, resulting in bills that better reflect actual use. Savvy utilities are taking things one step further, making those bills transparent and accessible in near real-time, so customers can fully understand how their household activities impact the bottom line.

Harris Utilities is one company that offers dynamic metering and billing services. With their software, utilities can provide customers with online reports that display details about their consumption patterns so they can monitor and adjust use accordingly.

Customers can play with the data, creating scenarios that demonstrate how performing different activities at different times might save money. They can compare current use to years, months, and even days prior. Some utilities even offer a tool to compare use to similar households, and provide tips on how to use water more efficiently and economically.

Utilities are also breaking down water use in more meaningful measurements. "With mobile phone billing, we know what a minute means," Daigle says. "But what's a cubic metre? Is it equivalent to watering my lawn? Feedback like that helps customers better understand their water use."

Ultimately, smart metering is about empowering the consumer. Gone are the days of the flat rate and vague bills.

"Dynamic billing brings the customers into the picture," Daigle says. "At the end of the day, it's customers who are making the decision to turn the taps on or off. They should be participants in achieving conservation objectives — that's the sweet spot."

Game of thirst

Water scarcity and severe droughts bring big conflicts to cities, but most of us aren't ready for such events, and some don't even want to think about it.

So how do you engage people on such a serious topic? Make it fun, but keep it meaningful.

Last fall, British Columbia's Okanagan Water Basin Board (OBWB) proved it had the right idea. In partnership with Agriculture and Agri-Food Canada (AAFC) and the B.C. Ministry of Environment, OBWB brought together key players in government, as well as regional water suppliers, and reps from the agriculture, fisheries, and ranching communities to participate in a game about municipal thirst.

Facing drought is a growing necessity. In the United States, drought ranks second or third of natural disasters, depending on the year, in terms of economic impact. In Canada, dry periods are becoming more frequent and prolonged.

In the game, teams considered several scenarios with varying degrees of drought, quickly learning that any choice would impact water supply and, depending on how the scenarios are managed, could increase or reduce conflict within the community.

They also learned success comes down to collaboration, says Nelson Jatel of OBWB.

"In these situations, it's critical to communicate clearly and work together. The game allowed us to think through some of the complex partnerships that are key to surviving a drought." KERRY FREEK

EVERY DROP OF WATER COUNTS

MARCO LENSI/VEER

When a city faces a water problem, it's serious.

In May, a Montreal boil water advisory made headlines when it affected the availability of drinking water for more than 1.3 million people for two days. A few days later, a heavy downpour closed Toronto's Don Valley Parkway during morning rush hour, stalling the major route into the downtown business district. For the past few summers, cities in Canada's West have required emergency conservation bylaws during prolonged drought. The list continues.

With projections for more frequent and severe impacts of climate change and an increasingly urbanized population — some say 80 per cent of the world will live in cities by 2030 — experts are expecting a great deal of stress on water management and supply.

Lynn Patterson, RBC's director of corporate responsibility, says that's one of the reasons why the RBC Blue Water Project recently changed its focus to support initiatives that help protect water in urban centres.

"So many people live and work in cities or urbanized areas, and they depend on water sources that are increasingly under stress," she says. "We must ensure that our water is swimmable, fishable and drinkable now and for generations to come because every drop of water counts."

Patterson says it can often feel like environmental problems are too big for individuals to solve. And sometimes they are.

"But individuals, families, and businesses can have an immediate impact on water. We can pick up litter, plan water-friendlier landscaping and fix leaking taps and pipes — simple changes in behaviour that actually make a difference right now."

In its first five years, the $50-million RBC Blue Water Project had a broad scope, awarding more than half of its funding commitment to projects that focused on watershed protection. RBC's support for more than 500 organizations around the world includes almost 200 programs for elementary school students, 33 museum and gallery exhibits about water, 36 programs for farmers, and 44 programs to help Aboriginal people.

"We've done a lot of good work so far," Patterson says.

With this new focus, she hopes the RBC Blue Water Project will be able to reach even more people while addressing a significant emerging problem.

– Kerry Freek, Water Canada

PROJECT SPAWNS NEW ENVIRONMENTAL LEADERS

STUDENTS MAKE A POSITIVE CHANGE IN COMMUNITY

Five years ago, a lesson on the long-term effects of mismanaged household oil waste on fresh water and ecosystems prompted Grade 7 and 8 students from St. Catherine Community School in Regina to make a positive change.

Under teacher Lee Garinger's leadership, the students organized a successful community collection event for used oil, containers, and filters. They also arranged a partnership with Re-Solvv Recycling to recycle the collected products at a refinery.

Thanks to keen student volunteers and the grants from the RBC Blue Water Project, this small class project has bloomed into a region-wide program. Student eco-clubs from the region's schools take turns hosting drop points.

"We want everyone to have a chance to participate," Garinger says.

The public feedback has been tremendous. Last September, for instance, St. Matthew Elementary School collected more than 275 litres of used oil, plus containers and filters. The program at St. Catherine has received awards from the Regional Centre of Expertise on Education for Sustainable Development for the past three years. In 2011, students recycled one oil filter, 55 large plastic oil containers, and 1,640 litres of oil.

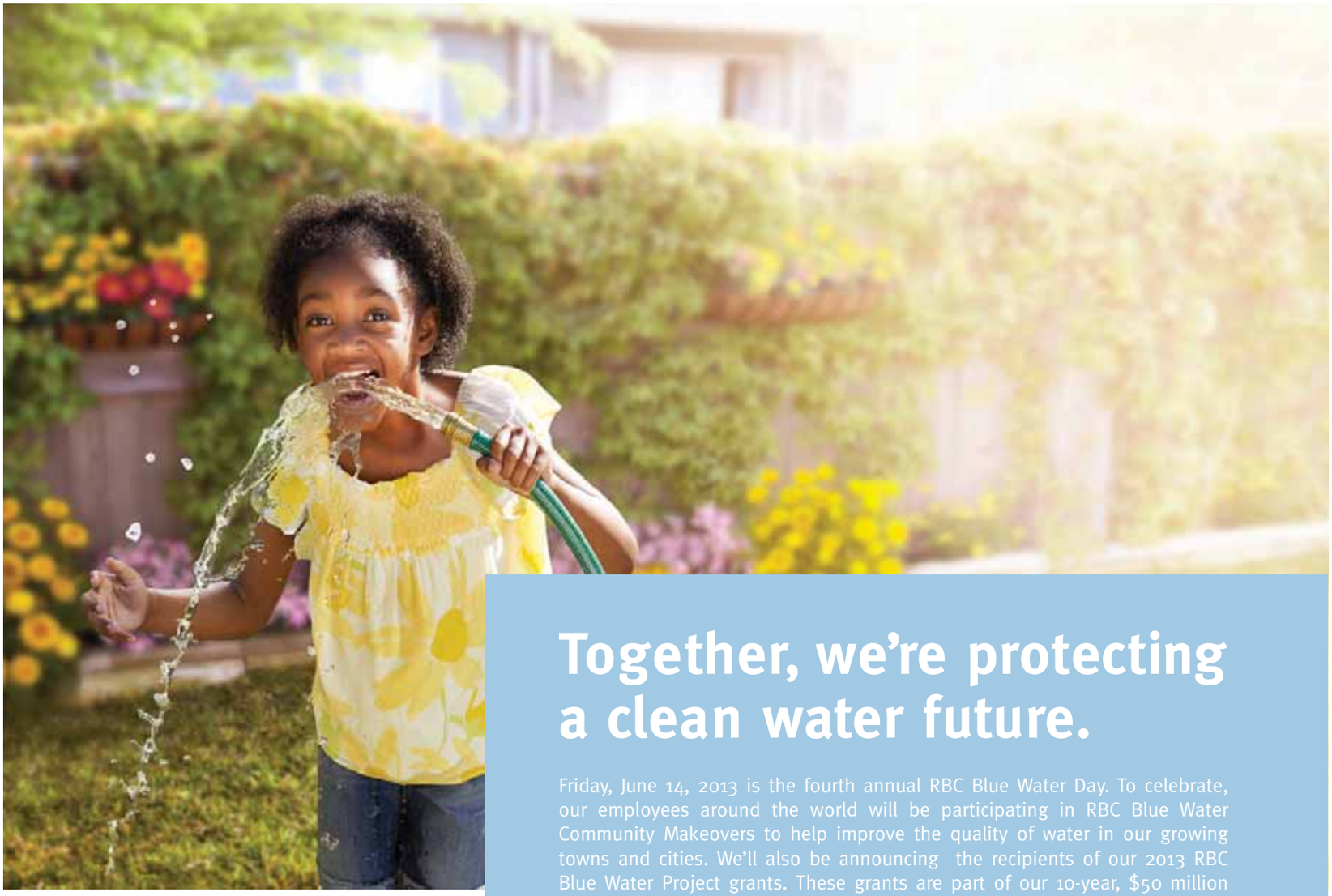
The RBC Blue Water Project grant buys protective equipment for the students and support the program's promotional materials, such as newspaper advertisements, to help spread the word about the program. Over the years, students have appeared in articles and television interviews, too.

Garinger says it's the students who drive the program and its success. "The kids have been great. They've given presentations to the school board and to researchers at the University of Regina and they hit home runs every time. They're great advocates and really show their passion."

Recycling oil is fantastic for the environment, but Garinger, who now teaches grades 5 and 6, says the key takeaway is a life lesson.

"With this project, the kids see how easy it is to change their community. They're learning how to protect their environment and become leaders in sustainable communities."

– Kerry Freek, Water Canada



Together, we're protecting a clean water future.

Friday, June 14, 2013 is the fourth annual RBC Blue Water Day. To celebrate, our employees around the world will be participating in RBC Blue Water Community Makeovers to help improve the quality of water in our growing towns and cities. We'll also be announcing the recipients of our 2013 RBC Blue Water Project grants. These grants are part of our 10-year, $50 million commitment to protect water through the RBC Blue Water Project.

With the help of our dedicated 80,000+ employees and partner organizations globally, we're working to ensure a future with fresh water.

Learn more at rbc.com/bluewater

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5 Free things to do in Philly

The City of Brotherly Love is perhaps best known for its Colonial roots, but locals will tell you there's much more to explore in this city of 1.5 million people. Options abound for travellers looking for free things to do in and around the historic district and beyond.

THE ASSOCIATED PRESS

Independent spirit

Two of the city's busiest tourist stops, the Liberty Bell and Independence Hall, are free to visit and located directly across the street from each other. Both are part of Independence National Historical Park, which is managed by the National Park Service. Getting into Independence Hall, where the Declaration of Independence and the Constitution were signed, requires a timed ticket because of crowds. Walk-up tickets are available at the adjacent visitors' centre starting at 8:30 a.m. — visitors should arrive early for the best choice of times, as tickets for the day are often gone by 1 p.m. during the busy summer tourist season. No tickets are required for the Liberty Bell, but expect to wait in line to get inside the building where it resides.

Right up your alley

In the middle of the Old City neighbourhood's cool art galleries, vintage furniture stores and trendy clothing boutiques is a charming cobblestone lane that has barely changed in 200 years: Elfreth's Alley, often called the oldest continuously inhabited street in America. It was built for carts travelling to the nearby Delaware River waterfront and named for Jeremiah Elfreth, an 18th-century blacksmith who built and rented out several homes there. The alley's 32 surviving row houses were built between roughly 1724 and 1836. Unlike the nearby Society Hill mansions built for the city's upper crust, the humble homes of Elfreth's Alley were inhabited by labourers, shipwrights and craftsmen. Many of the homes remain privately owned but the narrow street is a good place for a peaceful stroll and some snapshots in front of the charming red-brick homes.

Garden of glass

Dream Garden, a jaw-dropping glass mosaic, is close to the historic district but easy to miss unless you know it's there. The magical scene was created with more than 100,000 pieces of iridescent glass by the studios of Louis Comfort Tiffany and was based on a painting by Philadelphia native Maxfield Parrish. The 15-by-49-foot (4.5-by-15-meter) mosaic was commissioned by Saturday Evening Post publishing magnate Cyrus Curtis and installed in 1916 inside the lobby of his majestic headquarters fronting Washington Square Park. A public uproar ensued when casino magnate Steve Wynn in 1998 announced his plan to buy the mosaic and move it to Las Vegas, and the Pennsylvania Academy of Fine Arts purchased the work to guarantee it will forever remain in its intended home.

Rocky's road

Make like Philly's fictional prizefighter Rocky Balboa and bound up the Philadelphia Museum of Art's 72 stone steps, then spend a few minutes taking in the picture-postcard skyline view down the tree-lined Benjamin Franklin Parkway. A sculpture of the Italian Stallion, arms raised in victory, at the base of the stairs is a popular spot for photo ops. Lots of Rocky runners never go inside the renowned art museum after their sprint up the steps — if you do, it'll cost you $20 for an adult general admission ticket. There is some art to be seen free of charge, however, in a large outdoor sculpture garden featuring works by artists including Sol LeWitt, Claes Oldenburg and Ellsworth Kelly.

Something wild

John Heinz Wildlife Refuge is a 400-hectare oasis located just 1.6 kilometres from the bustle and noise of Philadelphia International Airport. Managed by the U.S. Fish and Wildlife Service, the refuge is free and open from sunrise to sunset year-round. Birdwatchers have documented more than 300 species of birds at the verdant refuge, a stopover for migratory species due to its location along the Atlantic Flyway, and it's one of the only places where locally endangered species of turtles and frogs still live.

Strawberries are the star in this tempting shortcake

Ingredients

Preparation time: 25 minutes
Cooking time: 25 minutes
Refrigeration time: 1 hour

Cake

- 175 ml (3/4 cup) unsalted butter
- 175 ml (3/4 cup) water
- 500 ml (2 cups) unbleached all-purpose flour
- 10 ml (2 tsp) baking powder
- Pinch salt
- 2 eggs
- 300 ml (1 1/4 cups) sugar
- 5 ml (1 tsp) vanilla extract
- 175 ml (3/4 cup) sour cream

Filling

- 1.5 l (6 cups) fresh strawberries, hulled and quartered
- 125 ml (1/2 cup) sugar, divided
- 15 ml (1 tbsp) Grand Marnier
- 500 ml (2 cups) 35 per cent cream

This delectable recipe was developed by Ricardo Larrivee, the Montreal-based host of Ricardo and Friends, which aired on Food Network Canada.

You can also make this cake with other berries, such as raspberries, blueberries, blackberries and ground cherries.

Cake

1. With rack in the middle position, heat oven to 180 C (350 F). Line a 30-by-43-cm (12-by-17-inch) baking sheet with parchment paper, allowing the paper to overhang 2 opposite sides. Butter the paper.

2. In a small saucepan, melt butter in water. Let cool partially. In a bowl, combine flour, baking powder and salt. Set aside. In another bowl, beat eggs with sugar and vanilla using an electric mixer until mixture is thick and falls from the beaters in ribbons. With mixer on low, add dry ingredients, alternating with butter mixture and sour cream.

3. Spread batter evenly over baking sheet. Bake until lightly browned and a toothpick inserted in the centre comes out clean, about 25 minutes. Let cool partially. Unmould with paper (to help keep cake moist). Let cool on a rack.

4. Trim edges of cake to straighten them. Cut into 2 rectangles (30 cm/12 inches on their longest side).

Filling

1. In a bowl, toss strawberries with 30 ml (2 tbsp) sugar and Grand Marnier. Let macerate for about 15 minutes. In another bowl, whip cream with remaining sugar until stiff peaks form.

2. Assembly: Lay 1 cake rectangle on a rectangular serving plate, paper side up. Remove paper. Top with half the whipped cream and strawberries. Cover with second cake rectangle. Remove paper. Top with remaining whipped cream and strawberries. Refrigerate for an hour before serving. THE CANADIAN PRESS

The shortcake recipe makes 12 servings THE ASSOCIATED PRESS/LESFRAICHESDUQUEBEC.COM

Cocktail of the Week

C'est la vie

- 2 strawberries cut into quarters
- 1.5oz Grey Goose vodka
- .5oz simple syrup
- .5oz freshly squeezed lime juice
- 2 large basil leaves
- 2 cracks or dashes of black pepper

Muddle strawberries in base of a shaker, add ice and remaining ingredients. Shake well and fine strain into a stemless martini glass. **RECIPES & PHOTOS COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO**

A parfait dish for summer

1. In a medium bowl, thoroughly mix strawberries and brown and granulated sugars. Let sit for 20 minutes or so, stirring occasionally, until sugar is completely dissolved and juice is drawn from strawberries. Meanwhile, in a small bowl, mix yogurt, sour cream and orange zest.

2. Divide a third of the strawberry mixture among 4 parfait or sherbet cups. Cover with 30 ml (2 tbsp) of the yogurt mixture. Continue with another layer of strawberry and yogurt mixture. Divide remaining strawberry mixture evenly among cups. Top with 15 ml (1 tbsp) of the yogurt mixture.

3. Garnish with whole strawberries and fresh mint leaves and serve immediately. LESFRAICHESDUQUEBEC.COM

Ingredients

Preparation Time: 30 minutes

- 500 ml (2 cups) fresh strawberries, cut in quarters, plus extra whole berries for garnish
- 45 ml (3 tbsp) packed brown sugar
- 15 ml (1 tbsp) granulated sugar
- 250 ml (1 cup) vanilla no-fat yogurt
- 50 ml (1/4 cup) low-fat sour cream
- 2 ml (1/2 tsp) orange zest, grated
- Mint leaves, for garnish

This recipe makes four servings. THE ASSOCIATED PRESS/LESFRAICHESDUQUEBEC.COM

Recipe. Add a dash of strawberry to your bagels and cream cheese

Ingredients

Preparation time: 5 minutes

- 125 ml (1/2 cup) crushed strawberries
- 250 ml (1 cup) ricotta or cottage cheese
- 10 ml (2 tsp) maple syrup
- 2 bagels, sliced
- Whole strawberries, for garnish

1. In a bowl, mix crushed strawberries, cheese and maple syrup.

2. At the same time, toast bagel halves.

3. Spread mixture on halved bagels.

4. Slice remaining strawberries finely and use to decorate bagels. Makes 2 servings.

WWW.LESFRAICHESDUQUEBEC.COM

Finding the perfect fit.
What to hone in on during your internship hunt

Don't let the job jitters get you in a funk. Sure this is a great opportunity, but it's also an opportunity to enjoy yourself. ISTOCK

Still looking for work? For both students and new grads, internships provide a distinct opportunity to acquire industry-specific work experience and training, as well as to build important professional connections.

But while a good internship can certainly lead to a permanent job, it can sometimes be a bit tricky to figure out the right internship for you.

Here are a few things to consider before jumping into the internship race.

The quality of the internship

Not all internships are created equal, and while most will offer substantial networking opportunities, the quality of the skills training offered by an internship will vary from company to company. We've all heard the stories of bright, young students and new grads landing prestigious internships — only to spend their days making coffee runs and sharpening pencils. Although this sort of work is sometimes unavoidable, you should always dig a little deeper when applying for an internship to find out exactly what kind of work you'll be doing.

The chances of getting hired after your internship

Most interns hope to be hired for a full-time job following their internship. While some companies have a good record of hiring interns following the end of their terms, others are more likely to simply replace outgoing interns with new ones.

Browse popular social media sites, like Reddit, or try and contact former interns to find out the chances of being hired full-time after your internship. Make sure you're aware of a particular company's hiring reputation before you apply.

Are you a student or a graduate?

Finally, the type of internship you choose to pursue should depend in part on whether you're a student or a graduate.

If you're a recent grad, you should be on the lookout for internships that promise relevant skills training and/or a reasonably high chance of being hired permanently. These types of internships are admittedly hard to find, but anything less and you're probably better off trying to find an entry-level job in your field. It won't do you any good to spend months toiling in an unfulfilling internship on the off-chance that you might be hired full-time.

If you're still a student, then you can afford to be a bit less picky. Your main concern should be to get as much experience as possible. A decent internship, even one that doesn't lead directly to a job, can still provide valuable skills, experience and networking opportunities that can pay dividends once you graduate.

JUSTIN LOUIE / TALENTEGG.CA

What do you think?

@TalentEgg: #QuestionoftheDay: What do you do to get over "first day jitters" when starting a new job?

- **@megsgreaves:** Make a phone call to a best friend for a pep-talk! Jitters disappear when you realize how much people support you no matter what!
- **@_jesscruz:** Play loud music in the morning, prepare a delicious breakfast, and talk out any nerves before the big day! #QuestionoftheDay
- **@emoorhousepr:** Get a good sleep night before, get outfit and lunch prepared night before. Listen to music on the way. Confidence is key!!

Invest your best in the rest of your internship

It ain't over till it's over. Don't drop the ball now that you have put in some time with your new team. Keep it up for the chance to book a bright career!

CASSANDRA JOWETT
TalentEgg.ca

You're a little over a month into your summer internship and you only have a few more to make a real impact — both on your career and your employer. What should you do?

We asked three top employers for their tips and advice about how you can make the most of your summer job or internship while there's still time.

Darren MacDonald, Talent supply manager at Procter & Gamble

Top 3 summer internship tips:

1. Do not miss the chance to learn about and engage with other functions throughout your internship — it is a great way to find out where you fit best.

2. Seek to understand — then be bold. Once you have taken the time to understand a problem, don't be afraid to challenge the status quo.

3. Work hard, play hard. Internships should be challenging, but they should also be a lot of fun. Invest the time to get to know your fellow interns outside of work.

Lauren Larose, HR marketing and communications advisor at Suncor Energy

Top 3 summer internship tips:

1. Get involved as much as you can by participating in social events, helping to organize employee events, raising money for a charity the company sponsors, etc. Making great connections is key!

2. Don't be shy. Your boss wants to keep you happy and engaged, so don't be afraid to take on more if you're getting things done quickly or let them know when you're stuck.

3. You're there to learn. Ask for feedback from your boss and your colleagues about your performance and what you could work to improve in the future.

Lori Billing, Assistant HR manager of Talent Acquisition at Kraft

Top 3 summer internship tips:

1. Create a goal plan and own it. Your internship isn't just a summer job — it's a chance to experience what it's like to work for a company where you own your results. We set goals that our interns work toward throughout the summer, but interns can also add their own goal to achieve something that is important to them. At the end of the summer, you want to be able to point to an accomplishment and say "that was me — I did that!"

2. Get involved with something outside your job description. Not only does this allow you to show your leadership and initiative, it also helps to build your network at the organization.

3. Build relationships. With your team, with your boss, with your boss's boss, with your HR contact — people should know who you are and what you are working on, and should hopefully have great things to say about both!

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Finding yourself with little to do? Why not figure out which charitable organization(s) the company you work for supports, and organize a volunteer event for your team or for the interns you are working with. ISTOCK

Yours for the taking

Your internship isn't just a summer job — it's a chance to experience what it's like to work for a company where you own your results.

Lori Billing
Assistant HR Manager, Talent Acquisition

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Rap Sheets: Rider RB 'really embarrassed'

CFL. Saskatchewan's top rusher says he's ready to move on from off-season domestic violence charges

Saskatchewan Roughriders running back Kory Sheets says he's embarrassed by the domestic violence charges that were filed against him earlier this year, but maintains he's ready to move on.

Sheets talked to reporters Tuesday for the first time since news of his off-season legal troubles came to light. The charges were first reported by Saskatoon radio station CKOM.

"It's something I'm not proud of and I'm really embarrassed that it happened," Sheets said. "I allowed myself to get put in a situation that wasn't beneficial to the team or myself, and really I just want to get past the situation.

"I've done all my obligations that the team wanted me to do and that the courts had me do and everybody's happy with the outcome."

The charges were laid in January stemming from an incident near Tampa, Fla., but the state didn't prosecute the case after Sheets successfully completed a domestic violence program.

Sheets didn't inform the team right away because he wanted to do so in person.

Saskatchewan GM Brendan Taman said Sheets will be disciplined but didn't elaborate further.

Riders running back Kory Sheets takes a knee at training camp at Griffiths Stadium on Tuesday afternoon in Saskatoon. MORGANMODJESKI/METRO IN SASKATOON

Internal discipline

"Kory know he's on his last strike with us."

Roughriders general manager Brendan Taman

"Regarding the (team's) code of conduct, every situation's different and everything is handled on an individual basis, and Kory's got on the wrong side of it right now," Taman said.

"We'll see where it goes in the future but I think he knows where he stands."

Taman said the team learned of the charges in March. He did not seem upset that Sheets took several weeks to inform the team of his situation.

"I'm not going to condone what he did in any way, shape or form but I think there's angst on his part to try and figure out what to do before he told us," he said.

Sheets ran for 1,277 yards and 11 touchdowns as a rookie last season. He added 49 catches for 517 yards and two TDs. THE CANADIAN PRESS

Tennis

Monfils' knee holding up in comeback bid

Gael Monfils beat fifth-seeded Milos Raonic 6-4, 6-2 in the first round of the Gerry Weber Open on Tuesday, the latest step in the Frenchman's comeback from a knee injury.

Once ranked as high as No. 7 in the world, Monfils, who is now ranked 67th, missed several months in 2012 because of a right-knee injury that also cut his season short.

THE ASSOCIATED PRESS

NFL

It's Tebow Time in Foxborough

Tim Tebow is back on the field with an NFL team — the New England Patriots.

The Patriots announced the signing of the former Jets quarterback on Tuesday, six weeks after he was cut by New York and just in time for the start of the three-day Patriots minicamp that runs through Thursday.

THE ASSOCIATED PRESS

Tim Tebow at Patriots training camp on Tuesday. THE ASSOCIATED PRESS

CHL putting an end to import stoppers

CHL president David Branch announced Tuesday that this will be the last year in which teams can draft goalies from overseas. COLIN MCCONELL/TORSTAR NEWS SERVICE

Foreign goaltenders are on the way out in the Canadian Hockey League.

The national governing body for major junior hockey announced on Tuesday that the CHL's 2013 import draft will be the final opportunity for member clubs to select European goaltenders.

"The goaltender position is the most important in our game," said CHL president David Branch in a statement. "In partnership with Hockey Canada, the CHL has identified the need to further develop Canadian goaltenders by providing increased opportunities for them to compete in our league and succeed at the next level.

"The CHL will continue to be the world's largest development league and the number 1 supplier of talent to the National Hockey League and Canadian Interuniversity Sport."

European goaltenders born in 1994 or 1995 may be selected by CHL clubs in the first round of the 2013 CHL Import Draft.

All current European goaltenders and any selected in this year's draft may continue to play in the Quebec Major Junior Hockey League, the Ontario Hockey League and the Western Hockey League until they have exhausted their major junior eligibility.

The decision was made by the CHL board of directors at their meeting in May.

The draft is on July 3 with the Vancouver Giants currently holding the first overall pick.

THE CANADIAN PRESS

Head coach Joel Quenneville presides over Blackhawks practice in Chicago on Tuesday. CHARLES REX ARBROGAST/THE ASSOCIATED PRESS

From playoff TKOs to the cusp of a cup

NHL playoffs.
After first-round exits a year ago, Bruins and Blackhawks show they've learned from heartbreak

Jonathan Toews second-guessed everything after he and the Chicago Blackhawks bowed out of the Stanley Cup playoffs in the first round each of the past two years.

Winning it all in 2010 was little consolation.

"You start asking yourself so many questions of why you're not having the same success," Toews said. "It's easy to ask yourself a lot of questions and spin your wheels a little bit."

Shawn Thornton couldn't bring himself to watch a single playoff game a year ago after he and the Boston Bruins were eliminated by the Washington Capitals in the first round.

"It's too painful," he said. "I remember the feeling of getting knocked out."

Painful as those playoff exits were, the Blackhawks and Bruins are back in the Stanley Cup final in large part because of those stumbles. These are veteran teams armed with a wealth of experience that they used to come back from the brink of elimination to move within four victories of another title.

"I think you realize that anything can kind of happen," Bruins centre Chris Kelly said. "I think this group has experienced a lot in such a short time. I think just playing how many Game 7s we've played and we've been fortunate enough to sweep a few teams and just knowing that it doesn't matter what happened in the game before, it's the next game regardless of if it's a win or a loss."

The Bruins have 17 players back from the 2011 cup team while eight remain from the Blackhawks' championship run three years ago.

Experience, like leadership, is an intangible asset that's difficult to quantify.

"I think mentally just knowing you've been in this situation before and maybe there's a sense of calmness," Chicago's Duncan Keith said. "I'm going to try to use every bit of experience I can, whether that's knowing the pressure that comes with being in a final or just how hard it is to win."

THE CANADIAN PRESS

Bruins captain Zdeno Chara takes questions from reporters in Chicago on Tuesday. THE ASSOCIATED PRESS

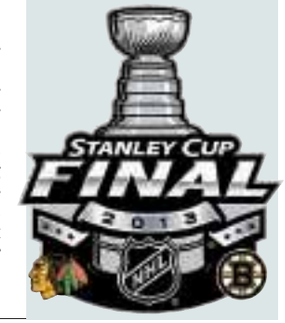
Blackhawks goalie Corey Crawford makes a save at practice in Chicago. THE ASSOCIATED PRESS

Selective memory

"I'm drawing on the experiences from 2010. I know that I've been here before, my teammates have been here before." Chicago forward Patrick Sharp on the Blackhawks' last championship season.

Blackhawks vs. Bruins

Playoff History: Boston leads 5-1. Last meeting: Boston 4-0 in 1978 quarterfinals.
How they got here: Boston defeated No. 5 Toronto 4-3; defeated No. 6 New York Rangers 4-1; defeated No. 1 Pittsburgh 4-0. Chicago defeated No. 8 Minnesota 4-1; defeated No. 7 Detroit Red Wings 4-3; defeated No. 5 Los Angeles 4-1.
Outlook: Chicago posted the NHL's best record in the regular season, but Boston and Tuukka Rask are playing the best right now. Bruins in 6.
THE ASSOCIATED PRESS



NHL PLAYOFFS

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

Wednesday's game
Boston at Chicago, 8 p.m.
Saturday's game
Boston at Chicago, 8 p.m.
Monday, June 17
Chicago at Boston, 8 p.m.
Wednesday, June 19
Chicago at Boston, 8 p.m.
Saturday, June 22
x-Boston at Chicago, 8 p.m.
Monday, June 24
x-Chicago at Boston, 8 p.m.
Wednesday, June 26
x-Boston at Chicago, 8 p.m.
x — played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	9	12	21
Horton, Bos	7	10	17
Malkin, Phg	4	12	16
Letang, Phg	3	13	16
Crosby, Phg	7	8	15
Sharp, Chi	8	6	14
Hossa, Chi	7	7	14
Kane, Chi	6	8	14
Bickell, Chi	8	5	13
Voynov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Lucic, Bos	3	10	13

NBA PLAYOFFS

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(Series tied 1-1)
Tuesday's result
Miami at San Antonio
Sunday's result
Miami 103 San Antonio 84
Thursday's result
San Antonio 92 Miami 88
Thursday's game
Miami at San Antonio, 9 p.m.
Sunday's game
Miami at San Antonio, 8 p.m.
Tuesday, Jun. 18
x-San Antonio at Miami, 6 p.m.
Thursday, Jun. 20
x-San Antonio at Miami, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	40	25	.615	—
New York	37	26	.587	2
Baltimore	36	28	.563	3½
Tampa Bay	34	29	.540	5
Toronto	27	36	.429	12

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	35	27	.565	—
Cleveland	30	33	.476	5½
Kansas City	29	32	.475	5½
Chicago	28	34	.452	7
Minnesota	27	33	.450	7

WEST DIVISION

	W	L	Pct	GB
Texas	38	25	.603	—
Oakland	38	27	.585	1
Seattle	28	37	.431	11
Los Angeles	27	37	.422	11½
Houston	22	43	.338	17

Tuesday's results
L.A. Angels at Baltimore
Boston at Tampa Bay
Cleveland at Texas
Philadelphia at Minnesota
Toronto at Chicago White Sox
Detroit at Kansas City
N.Y. Yankees at Oakland
Houston at Seattle
Monday's results
Baltimore 4 L.A. Angels 3
Boston 10 Tampa Bay 8 (14)
Texas 6 Cleveland 3
Chicago White Sox 10 Toronto 6
Kansas City 3 Detroit 2
Seattle 3 Houston 2
Wednesday's games
All times Eastern
L.A. Angels (Williams 4-2) at Baltimore (Hammel 7-4), 12:35 p.m.
Detroit (Verlander 8-4) at Kansas City (Shields 2-6), 2:10 p.m.
Boston (Aceves 2-1) at Tampa Bay (Archer 1-1), 7:10 p.m.
Cleveland (Jimenez 4-4) at Texas (Tepesch 3-5), 8:05 p.m.
Philadelphia (Cloyd 2-2) at Minnesota (Pelfrey 3-6), 8:10 p.m.
Toronto (Rogers 1-2) at Chicago White Sox (Sale 5-4), 8:10 p.m.
N.Y. Yankees (Hughes 3-4) at Oakland (Straily 3-2), 10:05 p.m.
Houston (Lyles 3-1) at Seattle (Bonderman 1-1), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	25	.609	—
Washington	31	31	.500	7
Philadelphia	31	33	.484	8
New York	23	35	.397	13
Miami	18	45	.286	20½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	41	22	.651	—
Cincinnati	38	26	.594	3½
Pittsburgh	37	26	.587	4
Milwaukee	26	37	.413	15
Chicago	25	36	.410	15

WEST DIVISION

	W	L	Pct	GB
Arizona	36	28	.563	—
San Francisco	33	29	.532	2
Colorado	34	30	.531	2
San Diego	30	34	.469	6
Los Angeles	27	36	.429	8½

Tuesday's results
San Francisco at Pittsburgh
St. Louis at N.Y. Mets
Milwaukee at Miami
Cincinnati at Chicago Cubs
Washington at Colorado
Atlanta at San Diego
Arizona at L.A. Dodgers
Monday's results
Milwaukee 6 Miami 1
Cincinnati 6 Chicago Cubs 2
San Diego 7 Atlanta 6
Arizona 5 L.A. Dodgers 4
Wednesday's games
All times Eastern
Cincinnati (Leake 5-3) at Chicago Cubs (Wood 5-4), 2:20 p.m.
Atlanta (Maholm 7-4) at San Diego (Volquez 4-5), 3:40 p.m.
San Francisco (Zito 4-4) at Pittsburgh (Liriano 4-2), 7:05 p.m.
St. Louis (Miller 7-3) at N.Y. Mets (Gee 4-6), 7:10 p.m.
Milwaukee (Figaro 0-0) at Miami (Slowey 2-5), 7:10 p.m.
Washington (Ohlendorf 0-0) at Colorado (De La Rosa 7-3), 8:40 p.m.
Arizona (Corbin 9-0) at L.A. Dodgers (Ryu 6-2), 10:10 p.m.

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9.9L/100KM 28MPG CITY**

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Be the best backseat driver around

Autopilot. Give that annoying habit a positive spin by adjusting how you handle the driver

AUTO PILOT
Mike Goetz
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The worst back seat drivers are rarely in the back seat. The worst back seat drivers are usually in the front passenger seat, where you can more closely observe and hear how they are supremely irking you, and get you fantasizing about an in-car cattle prod.

But "back seat driver" has become the accepted term for a passenger of any location, who is offering too much driving advice.

Insurance.com recently commissioned a survey on back seat driving, and the responses are, well, entirely predicable.

Who are the worst back seat drivers? Husbands and wives.

The two most annoying things they do? Commenting on driving speeds. Giving unwanted directions.

But insurance.com offered some useful advice on how "back seat drivers" can voice legitimate concerns without having it sound like a declaration of war. Basically it's not what you say, but how you say it.

For example, if you're the passenger and really disliking the Miles Davis playing on the stereo, don't say something like, "Jazz is a load of pretentious elephant dung, appealing only to pompous pseudo-intellectuals who only pretend to like it," and then violently change the station until you find something by Avril Lavigne or Justin Bieber.

Better, says insurance.com, that you ask the person if they would mind if you change the station.

Or better yet, discuss which kinds of music or artists you both like, and then mutually agree on a select few stations or music genres.

Same thing when the driver is driving too fast. Don't say he or she is driving like a complete idiot.

The worst backseat drivers can often sit in the front seat. ISTOCK

Or even like an incomplete idiot, because that is just as insulting and actually a more difficult concept to understand.

Rather, say how the speed is making you feel uneasy and unsafe, so you trigger the driver's better nature, and get them to think about how they are responsible for your safety and have the capacity to make you feel better.

I think, and I hope, that navigation systems have lessened the friction between driver and their passengers, when it comes to finding your destination and the best way to get there.

But I hope it doesn't totally eliminate that rich communication experience that arises when driver and passenger vigorously debate over which route is the better one to take when time is extremely tight.

Oh, how we would miss the tension, the creative adjectives, and the eating of words when your choice ultimately proves disastrous.

Like everything, it comes down to basic courtesy and grace, for both drivers and back seat drivers. In that vein, check out this comment from one of the survey's more gracious respondents: "My wife has helped me avoid many an accident by paying attention to the road."

The worst offences

As reported by 500 respondents to a survey commissioned by insurance.com

- **Comments on driving-speed.**
- **Give directions**
- **Talks too much**
- **Pushes imaginary brake pedals**
- **Fiddles with stereo**
- **Sings and eats messily.**

Summer sun puts the heat on your car

Driving Force. When temperatures soar your tires and engine can fail as a result

JIL MCINTOSH
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As the weather gets hotter, your car comes under a lot of stress. You can't change the weather, but you can take steps to ensure your vehicle won't leave you stranded.

"Heat brings out failure, because it puts stress on the components," says Ben Spatafora, national director for CarCost-Canada.

It's important to check your tires regularly. Along with the air pressure and tread depth, you should also examine the sidewall for any bulges, bubbles, cracks, or cuts. "A slight bulge may be fine in normal driving, but get on the highway when it's hot, and that bulge can explode," Spatafora says.

If you still have your winter tires on, it's time to change them, since they wear much faster in hot weather.

Not all cars have them but if yours has a temperature gauge keep an eye on it to avoid any engine damage and possibly a break down. PROVIDED

Open the hood and check the belts and hoses. There should be no cracks in the belts, and the hoses should feel similar to a garden hose when you squeeze them (do this only when the engine has cooled completely). If they're too hard or too soft, it's time to replace them. If they crack or break while driving, they'll leave you stranded.

It's a good idea to switch to summer windshield washer fluid, which doesn't evaporate as quickly on hot glass. "If the outside temperature is 30C, the windshield could be 50C," Spatafora says. That heat bakes on any road grime, bugs or bird droppings, so summer fluid contains detergents for better cleaning.

Modern engine oils are formulated for high heat, but they do break down and provide less protection as they get older, so follow the manufacturer's recommended maintenance. If you drive frequently in stop-and-go traffic, or usually make short trips, follow the "severe use" schedule.

During the oil change, your technician should check the engine coolant strength to be sure it can take high temperatures. If your vehicle has a temperature gauge (not all do), it's normal for the needle to rise slightly in slow-moving traffic, or if you're towing a trailer.

But if it rises quickly, or if a red warning light comes on, pull over as soon as you can and shut the car off to avoid the potential for engine damage.

Helpful hints

- **Shade is good.** Use automotive sun shades on side windows to protect rear-seat occupants from sunburn. Don't put a blanket in the window, which obscures your vision.
- **Big no-no.** Never leave children or pets in a parked car. Even with the window cracked open, the interior can get hot enough to cause brain damage or death, and in only a few minutes if it's really hot outside.
- **Coolant not water.** Always use engine coolant, not water, since coolant has a higher boiling point and helps resist corrosion.

DRIVE

Style and size set this Mazda 6 apart

Second gear.
2009-2013 Mazda 6

JUSTIN PRITCHARD
drive@metronews.ca

This second generation of Mazda's zoom-zoom sedan was much like the first — in that it offered five-passenger seating, four or six-cylinder power, automatic or manual transmissions and came only in front-wheel drive.

Softer, bigger and heavier than the original Mazda 6, the generation-two model was bigger on comfort and refinement, though somewhat at the expense of all-out performance and agility. Look for feature content including push-button start, navigation, premium audio, automatic lights, wipers and climate controls, heated leather seats and a full range of safety gear.

Common Issues

Numerous owners have reported premature wear from the factory brakes and tires. Though this will largely be a function of driving habits and locale, be sure to inspect the condition and remaining life of both components ahead of your purchase. Check the rear tail lamps for signs of internal melting, possibly caused by assembly materials that can't withstand the heat of the bulbs. Though the exterior lenses aren't known to melt, the interior components might — which could be a visibility-impeding safety issue. Also, 2009 models may be affected by erratic engine behaviour in the form of stumbling and hesitation, possibly alongside other electrical issues that may be caused by a faulty wiring harness. Check for proper operation of the air conditioner, and be sure both xenon lights, if equipped, are working properly — as they can be pricey to replace when burned out.

HANDOUT

What owners like

Styling, both inside and out, were big draws to the second-generation Mazda 6, as was its refinement and availability with a manual transmission. Visibility, feature content, overall roominess and even instrument cluster lighting were all highly rated, too.

What owners dislike

Some owners wish for better fuel economy, richer interior materials selection and the availability of a manual transmission with the up-level V6 engine.

Engine

A 2.5 litre four cylinder with manual or automatic gearboxes was available, as was a 3.7 litre V6 that came exclusively with an automatic transmission. All models got four doors, five seats and front-wheel drive. The four-cylinder engine made 170 horsepower, and the V6 cranked out 272.

The verdict

The last-generation Mazda 6 was loved for its style, design and performance — and it looks like a solid used-car buy, too.

Toyota takes chance with Corolla formula change

Makeover. The model previously lauded for reliability is now getting a modern-day facelift with all the trimmings

MIKE GOETZ
Drive@metronews.ca

Since 1966, when it was first introduced, the Toyota Corolla formula has been reliability, affordability, fuel efficiency, and durability — and hold the hot sauce.

Let other makes and models do the spicy thing, we're here for you guys that need to get to work in the morning. It's been a winning formula. Corolla is the top selling nameplate of all time. By 2012 more than 39 million units were sold worldwide, over 1.3 million of them right here in Canada. Well they've just changed the formula.

The new Corolla formula, incarnated as the all-new 2014 model coming to North American showrooms this summer, was officially revealed last week in consecutive events in Santa Monica, California, and Ottawa, Ont. In a nutshell, the Corolla is bigger and edgier, and Toyota promises it will be more fun to drive. Certainly a motivation for Toyota's move is watching other makers cut into Corolla's segment dominance, by offering a bit more style and driving zing at no expense to fuel economy and/or affordability.

The 2014 Toyota Corolla S on display at Ottawa's Canadian Science and Technology Museum was only for looking at and sitting in. Driving impressions will have to wait. In the meantime, here are five ways in which Toyota feels it has created a more emotionally-engaging Corolla, and one designed to appeal to a broader section of compact car buyers, especially younger ones…

• 100 mm increase in wheelbase, makes Corolla longer than everything in segment, except Dodge Dart. Extra length used mostly to bolster rear seat room and comfort.
• Bolder styling with more body sculpting and more aggressive face, with segment's only completely LED headlamp system.
• Fuel economy and driving fun possible at the same time, due to new efficient constant velocity transmission (CVT) with seven "simulated" gears.
• More distinct trim lines. CE base with 6-speed manual or traditional 4-speed automatic. LE can fly with new optional CVT. S with 6-speed or CVT, with additional sporty body bits, paddle shifters and sport mode. All-new ECO model with more fuel economy tricks and bits, including ultimate engine valve-train adjustability (VALVEMATIC in Toyota speak).
• Classier interior full of high-tech treats, such as back-up camera, Bluetooth, eight air bags, and new audio system with steer-mounted controls.

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Horoscopes

♈ Aries
March 21 - April 20
Make this a relaxed and easygoing day. Certainly don't use up all your energy on career and financial issues. There may be a dozen or more new things you want to do but you can't do them all at once.

♉ Taurus
April 21 - May 21
Focus on the good things in life and the bad things won't seem so important. Personal relationships will bring much joy over the next few days.

♊ Gemini
May 22 - June 21
You may be hugely talented and highly independent but you don't have to go it alone. The planets make it easy for you to persuade others to help you on whatever quest you have embarked.

♋ Cancer
June 22 - July 23
You must think before you act today or you could offend someone you will need to stay on good terms with. You don't have to watch every word you say, of course — just the ones that are potentially hurtful.

♌ Leo
July 24 - Aug. 23
You may not be feeling on top of things now but within a matter of days your confidence will return and anything will seem possible.

♍ Virgo
Aug. 24 - Sept. 23
According to the planets you are holding back from doing something because you don't want to harm your reputation. That's never been a problem in the past, so why should it be such a huge problem now?

♎ Libra
Sept. 24 - Oct. 23
The more someone tries to change your mind about an issue the more you must stand your ground. If others want to follow the latest fad that is up to them but no way will you be one of the herd.

♏ Scorpio
Oct. 24 - Nov. 22
Forget about the wider world and concern yourself only with your family, your friends and the things in life that give you most pleasure. The world will take care of itself.

♐ Sagittarius
Nov. 23 - Dec. 21
What worries you yesterday won't worry you tomorrow, so why let it worry you today? Enjoy yourself in whatever way seems right and don't give a thought to the consequences.

♑ Capricorn
Dec. 22 - Jan. 20
If a loved one says they want to spend some time alone don't take it to mean that they don't like your company. It simply means they need to get their thoughts together in a calmer environment. Let them.

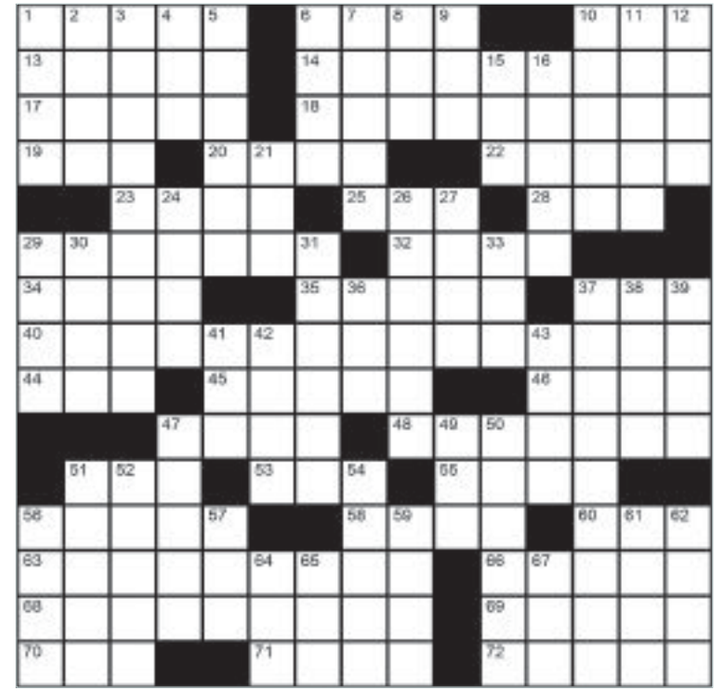
♒ Aquarius
Jan. 21 - Feb. 19
There may have been times in recent weeks when you were not sure you were going to make it, but once again you came out on top and now your confidence is sky-high.

♓ Pisces
Feb. 20 - March 20
A world of possibilities will open up to you over the next few days and by the start of next week you will be moving in a new direction. Just make sure it's the direction that YOU want to go. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

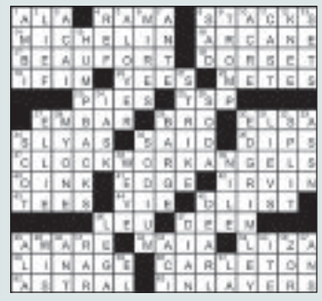
BY KELLY ANN BUCHANAN



Across
1. Nova Scotia town, The Scallop Capital
6. Mr. Neeson
10. Canadian Hip Hop group, __-Paz
13. Based on _ __ story (As some movies)
14. Alberta town between Edmonton and Calgary
17. Some hotel staff
18. The __ Family, as in Canadian comic strip For Better or For Worse
19. New Zealand '80s band, Split __
20. __ Mix (Cat food brand)
22. Terra __ flower pots
23. Adrian of '80s series "T.J. Hooker"
25. Tide type
28. Legendary pitcher Mr. Young's
29. Galore
32. Music genre
34. Get-out-of-jail money
35. Entertain
37. Liable
40. Hit for Quebecoise singer Mitsou: 4 wds.
44. 1995 Tom Cochrane album: 'Ragged __ Road'
45. Easy __ _ _ _ (Simple)
46. Basset __ (Instrument)
47. Fish of vivid colour
48. Foes to computers
51. Volcano in Japan, Mount __
53. 'Fact' finisher
55. Has a lot of work to do
56. Soap opera, "__ Children": 2 wds.
58. Church section
60. Baseball stat.
63. Carving material
66. __/__ tray (Item on an office desk)
68. Cape Breton __ National Park
69. Oscar-winning actress Patricia's surnamesakes
70. Feminine suffix
71. Musical pause
72. Divine

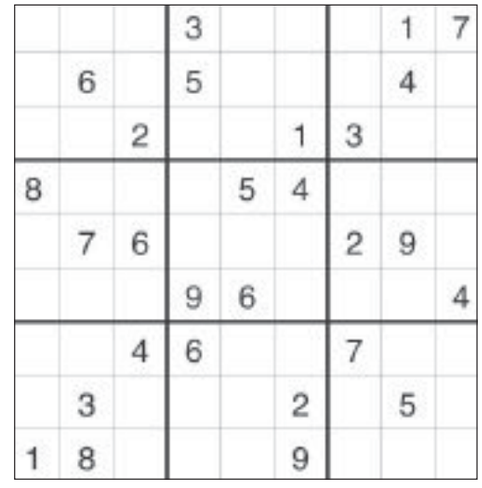
Down
1. Judi Dench's title
2. "I'd consider __ __ honour..."
3. Salmon catchers
4. Pal
5. Flunkies
6. Bev. Hills clinic request
7. Amazed: 2 wds.
8. Carpenter __
9. Univ. in "Good Will Hunting" (1997)
10. Flavourful
11. Uprising uproars
12. Arm bone
15. Minute bit
16. Monk's garb
21. Summer hrs. in Toronto
24. Scary Spice, aka __ _
26. Late morning mealtime
27. Type of pear
29. "Waterloo" group
30. Compensates
31. Big name in motorcycles
33. Corporate VIP
36. Mafia
37. Beatles album: 2 wds.
38. Rich opposite
39. Nautical ropes
41. Mouth, informally
42. Biblical twin of Jacob's
43. Stirfry pans
47. Zing
49. Stomach muscles, commonly
50. Providing lines to actors
51. Arnold Schwarzenegger's middle name
52. Smelting leftovers
54. Brings in the plane
56. Tennis legend, Arthur __
57. Couture monogram
59. Bug
61. Taurus animal
62. Teensy
64. Road coat
65. Two's half
67. Modern

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	5	3	6	2	8	9	4	7
7	9	4	1	5	3	2	8	6
2	8	6	7	4	9	5	1	3
8	1	7	2	3	6	4	5	9
3	2	5	9	8	4	6	7	1
6	4	9	5	1	7	3	2	8
4	7	8	3	6	5	1	9	2
5	6	2	8	9	1	7	3	4
9	3	1	4	7	2	8	6	5

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Jeri Brown Sings From Her First Ladies of Jazz Tribute

Regina's Kaitlyn Semple

Dafro Salsa Dance Party

June 12 - June 16 2013

Royal Wood

June 14, 2013
Ramada Plaza
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6:30 Doors • 7:00 Warmup
Show: 8:30 pm
Tickets: $30

Jeri Brown

June 15, 2013
Ramada Plaza
Oak Room
6:30 Doors • 7:00 Warmup
Show: 8:30 pm
Tickets: $25

Kaitlyn Semple

June 16, 2013
Fathers Day Brunch
Ramada Plaza Ballroom
11:30 am
Tickets: $40 Adults
$35 Seniors 65+ and Students
$30 Children 14 and Under

Dafro

June 16, 2013
Ramada Plaza
Ballroom
6:30 Doors • 7:00 Warmup
Show: 8:30 pm
Tickets: $20

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